

## **Packing List**

### **Essentials:**

*Keep on your person or in carry-on while traveling*

- |   |   |
|---|---|
| <input type="checkbox"/> Passport (with Visa if necessary)  | <input type="checkbox"/> Phone card (with international access number)    |
| <input type="checkbox"/> Several forms of money:<br>Credit/debit cards  | <input type="checkbox"/> Contact phone numbers (for home and destination) |
| Travelers' checks   | <input type="checkbox"/> Passport pouch                                   |
| Cash  | <input type="checkbox"/> Medications                                      |
| <input type="checkbox"/> Flight itinerary & ticket  | <input type="checkbox"/> Prescriptions for medication and/or eye glasses  |
| <input type="checkbox"/> Photo ID (i.e. driver's license, student ID)   | <input type="checkbox"/> Reading material                                 |
| <input type="checkbox"/> Insurance card   | <input type="checkbox"/> Ear plugs  |
| <input type="checkbox"/> ISIC card  | <input type="checkbox"/> Toothbrush & toothpaste                          |
| <input type="checkbox"/> Program acceptance letter  | <input type="checkbox"/> Nail clippers                                    |
| <input type="checkbox"/> Immunization record  | <input type="checkbox"/> Hand wipes                                       |
| <input type="checkbox"/> Copies of passport, visa, airline ticket & credit cards (with customer service phone number) | <input type="checkbox"/> Kleenex  |
| <i>Keep separate from originals and leave copies with your family.</i>  | <input type="checkbox"/> Tylenol or Motrin                                |
|   | <input type="checkbox"/> One complete change of clothes                   |
|   | <input type="checkbox"/> Camera (batteries & film)                        |

### **Clothing:**

*Remember to pack one change of clothes in your carry-on.*

*Pack clothes that coordinate so you can mix & match.*

*Light, quick drying clothes are recommended.*

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|--|---|
| <input type="checkbox"/> Clothing -- culture and climate appropriate         | <input type="checkbox"/> Socks  |
| <input type="checkbox"/> Comfortable walking shoes already broken in         | <input type="checkbox"/> Underwear  |
| <input type="checkbox"/> One nice outfit (for special occasion or going out) | <input type="checkbox"/> Pajamas (decent, as bathrooms may be down the hall)        |
| <input type="checkbox"/> Sandals and/or shoes to wear with nice outfit       | <input type="checkbox"/> Swimsuit   |
|  | <input type="checkbox"/> Coat that will take you through several seasons if needed. |
|  | <input type="checkbox"/> Raincoat/rain poncho or jacket                             |

### **Toiletries:**

*Pack liquids inside plastic bags in you suitcase to prevent leaking.*

- |  |  |
|--|--|
| <input type="checkbox"/> Glasses, contact lens & supplies  | <input type="checkbox"/> Razors                    |
| <input type="checkbox"/> Extra pair of glasses or contacts | <input type="checkbox"/> Pads/tampons              |
| <input type="checkbox"/> Soap and soap dish                | <input type="checkbox"/> Condoms                   |
| <input type="checkbox"/> Toothbrush & toothpaste           | <input type="checkbox"/> Manicure items            |
| <input type="checkbox"/> Deodorant                         | <input type="checkbox"/> Small, unbreakable mirror |
| <input type="checkbox"/> Hand sanitizer                    | <input type="checkbox"/> Small towel               |
| <input type="checkbox"/> Comb or brush                     | <input type="checkbox"/> Kleenex                   |
| <input type="checkbox"/> Shampoo & conditioner             | <input type="checkbox"/> Cosmetics                 |
| <input type="checkbox"/> Basic styling products            |  |

## **Packing List** *Continued*

### **Health Items:**

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|--|--|
| <input type="checkbox"/> Medication in original containers (to prove what it is)             | <input type="checkbox"/> Aspirin or Tylenol                                |
| <input type="checkbox"/> Copy of prescriptions (including glasses/contact lens prescription) | <input type="checkbox"/> Vitamins  |
| <input type="checkbox"/> Band aids and antibacterial cream (Neosporin)                       | <input type="checkbox"/> Sunscreen   |
| <input type="checkbox"/> OTC cold medicine   | <input type="checkbox"/> Anti-diarrheal medicine (Imodium or Pepto Bismol) |
|  | <input type="checkbox"/> Mosquito repellent                                |

### **Accessories:**

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|---|--|
| <input type="checkbox"/> A day pack or small bag for short trips                  | <input type="checkbox"/> Guide book                              |
| <input type="checkbox"/> A neck wallet or money belt                              | <input type="checkbox"/> Phrase book or dictionary               |
| <input type="checkbox"/> Adapter/voltage converter (if you are taking appliances) | <input type="checkbox"/> Gifts                                   |
| <input type="checkbox"/> Flashlight (small)                                       | <input type="checkbox"/> Sunglasses                              |
| <input type="checkbox"/> Battery-operated alarm clock                             | <input type="checkbox"/> Compact umbrella                        |
| <input type="checkbox"/> Camera (batteries, film/digital accessories)             | <input type="checkbox"/> Water bottle                            |
| <input type="checkbox"/> Travel sewing kit (safety pins, needle, thread)          | <input type="checkbox"/> Zip-lock plastic bags                   |
| <input type="checkbox"/> Reading material for traveling                           | <input type="checkbox"/> Photos of family and friends            |
|   | <input type="checkbox"/> Address book                            |
|   | <input type="checkbox"/> Reminders of home (e.g. favorite music) |

### **For “Serious” Traveling (i.e. backpacking, remote areas):**

- |  |  |
|--|--|
| <input type="checkbox"/> Laundry soap                            | <input type="checkbox"/> Instant coffee/tea and creamers |
| <input type="checkbox"/> Sink stopper                            | <input type="checkbox"/> Chocolate or energy bars        |
| <input type="checkbox"/> Clothes line with suction cups          | <input type="checkbox"/> Dried and instant foods         |
| <input type="checkbox"/> Swiss army knife                        | <input type="checkbox"/> Water purification system       |
| <input type="checkbox"/> Cable lock to lock luggage to bed frame | <input type="checkbox"/> Malaria pills                   |