

Packing list for international travel:

Please note that this is a general list, specific materials might be needed according to the site.

Please consult with the course leader for specific information.

Documents:

- ___ Airline tickets
- ___ Passport **plus** several copies
- ___ Identification (e.g. driver's license)
- ___ Credit/debit card (& basic contact info if lost)
- ___ Cash
- ___ List of prescription meds

Clothing:

- ___ Pants/Jean
- ___ Skirts (calf length)
- ___ Dresses (calf length)
- ___ Short-sleeved shirts (loose)
- ___ Sweatshirt/fleece shirt
- ___ Swimsuit (one piece/modest) -maybe
- ___ Socks
- ___ Underwear/bras
- ___ Pajamas
- ___ Walking shoes/sandals
- ___ Slip-ons/flip-flops
- ___ Rain jacket
- ___ Quick dry clothes recommended depending on conditions

Medical:

- ___ Prescription meds
- ___ Pain relievers
- ___ Antihistamine
- ___ Band-aids/ Moleskin
- ___ Antibiotic cream
- ___ Hydrocortisone cream
- ___ PeptoBismol/ Immodium

Personal:

- ___ Soap (in container)
- ___ Shampoo/conditioner
- ___ Hairbrush/comb
- ___ Lotion/powder
- ___ Deodorant
- ___ Toothbrush/toothpaste/dental floss
- ___ Razors
- ___ Nail clippers/file
- ___ Feminine products
- ___ Hand gel sanitizer/wipes
- ___ Kleenex
- ___ Extra glasses/prescription (extra contacts)
- ___ Sunglasses
- ___ Sunscreen/lip balm
- ___ Towel (travel towel or quick dry towel recommended)

Misc:

- ___ Water bottle/filtering supplies
- ___ Insect repellent
- ___ Watch/travel alarm
- ___ Ear plugs
- ___ Camera /batteries
- ___ Plastic/Ziploc bags (various sizes)
- ___ Pillowcase/sleep sac
- ___ Small flashlight/headlamp/batteries
- ___ Notepad/pen
- ___ Course materials
- ___ Money belt/passport holder
- ___ Maps/guide books/language book
- ___ Leisure books
- ___ MP3/iPod
- ___ Snacks (High protein/fiber)
- ___ Adaptors (check for country)