

Packing Checklist

➔ Here's a suggested check-list. Remember to pack light! Buses and vans in many countries are smaller than in the U.S. and do not have room for 2-3 suitcases per person. A 22 inch case with one small carry-on daypack should be more than sufficient for one week's travel. Pack clothing items that can be layered and mixed and matched. LESS IS MORE!

Carry-on/ Back-pack Checklist

- ☐ Passport
- ☐ Tickets
- ☐ Copy of travel insurance policy and emergency contacts.
- ☐ All Prescription medications
- ☐ Change of clothes/ underwear
- ☐ 4 oz. toiletries in clear plastic bag.
- ☐ Toothbrush/small toothpaste
- ☐ Clean shirt
- ☐ Inflatable Neck pillow
- ☐ TSA Smart Locks
- ☐ Non-American Luggage tags
- ☐ Reading material
- ☐ Letter from doctor listing your personal prescription drugs and medical conditions
- ☐ Camera with extra batteries/storage media
- ☐ Lightweight Jacket

For the Suitcase

- ☐ MODEST, lightweight, washable clothing (fabrics that rinse out and dry quickly)
Recommended: 3 shirts, 2 pr of lightweight pants, 1 loose skirt for women. Underwear.
- ☐ Poncho or umbrella
- ☐ Shower shoes or waterproof sandals
- ☐ COMFORTABLE PAIR OF WALKING SHOES and absorbent socks!
- ☐ Journal and pen
- ☐ Small flashlight
- ☐ Biodegradable Toilet Paper
- ☐ Antibiotic handi-wipes
- ☐ A quick dry washcloth

Personal Items (travel size)

- ☐ Biodegradable soap for washing and rinsing out clothes
- ☐ Universal sink stopper
- ☐ Shampoo
- ☐ Razor blades
- ☐ Shaving cream
- ☐ Extra pair of glasses
- ☐ Travel alarm clock
- ☐ Dental floss
- ☐ Deodorant
- ☐ Transformer and set of converter plugs (if you are bringing electrical items)
- ☐ Smart Cards for digital camera
- ☐ Camera batteries and charger
- ☐ Sun glasses
- ☐ Sun Hat

Over the Counter Drugs/Supplies

- ☐ Tylenol/Aspirin/Ibuprofen
- ☐ Benadryl tablets (in case of head congestion for the return trip home)
- ☐ Imodium AD (tablets)
- ☐ Sun screen
- ☐ Band-aids (for blisters)
- ☐ Cortisone
- ☐ Epenephrine (if allergic to bee stings or seafood)

Incidentals and 'Don't Forgets'

- ☐ Small calculator for currency conversion

Packing tip

Planning to send post cards? Addressing all those cards is so tedious. Why not make mailing labels for all your friends' addresses? Then all you have to do is slap the mailing label onto the post card. This way you will be sure not to miss anyone on your list.