

# Packing Checklist

## Before You Go:

- Passport (check expiration date)
- Visas (for ALL non-US citizens))
- Obtain Supplemental Insurance
- Visit Doctor/Dentist
- Health Documentation (diabetic etc)
- Assemble Money in the form of:
  - Traveler's Checks, Credit Cards,
  - Foreign Currency, US Cash
- Air Tickets (check that name matches passport)
- International Driver's License
- Extra Id
- Emergency Information  
(medical, itinerary, relatives)
- Photocopies of Important Documents

*It is a good idea to e-mail these to yourself in case you lose them while traveling. You can access the information at a local internet café.*

## Health Care Needs:

- Cold/Allergy Medicine
- Prescriptions/Birth Control  
(in original packaging)
- First Aid Kit: Band Aids, Antiseptic/  
Iodine Towellettes, Antibiotic Cream,  
Cold Medicine, etc.
- Sunscreen
- Lip Balm
- Tampons/Pads
- Vitamins
- Pack of tissue

## For the Plane:

- Small Daypack
- Neck Pillow
- Reading Material
- Language Books
- Travel Guides/Maps
- Pens/Journal/Scrap Paper
- Water Bottle
- Ear Plugs
- CD/MP3 Player, extra batteries

## Clothing:

*Think light weight, comfortable, quick drying, abrasion resistant – nylon, polyester & cotton blends.*

- Shirts (short/long sleeve, Tees,  
something 'dressy')
- Sweater
- Rainwear or Jacket
- Shorts/Pants (3 pair)
- Swimsuit
- Shoes (1= broken in, light weight,  
with good traction; 2 = sandals)
- Pajamas
- Underwear/socks (5 pair)
- Hat or Visor

## Wash Kit:

- Soap and Facecloth
- Shampoo/Conditioner (travel size)
- Deodorant (travel size)
- Travel Wash (for clothes)/Clothesline
- Shaving Kit (travel size)
- Toothbrush, Toothpaste
- Contact Lenses & Solution/Glasses  
(bring a copy of prescription in  
case of broken or lost glasses)
- Lotion
- Hair Brush/comb
- Q-Tips, cotton balls

## Miscellaneous:

- Travel Alarm/Watch
- Sunglasses
- Safety Pins
- Plastic Zip-Lock Bags
- Sewing Kit
- Umbrella
- Stuff Sacks
- Camera & Film
- Address List
- Pillowcase (for dirty clothes)
- Outlet adapters (if needed)