

Sample Packing List



Clothing and Accessories

- Comfortable and weather resistant sneakers that don't mind a little dirt
- Walking sandals
- Breathable, quick drying shirts (short and long sleeved) can be re-worn
- Socks and underwear
- Breathable and quick drying pants/shorts that can be re-worn
- Pajamas
- Bathing suit
- Umbrella/rain coat
- Lightweight jacket (think layers!)
- Hat/Sunglasses
- Plastic bag for dirty/wet clothes

Electronics

- Your phone and charger
- Watch or an alarm
- An adaptor/converter
- Camera and charger
- Headphones

Documents

- A copy of the tour itinerary
- A list of important phone numbers
- Addresses to send postcards home
- Passport*
- Visas (if applicable)*
- Copy of any prescriptions*

(Customs officials may want to verify that a container's contents match its label, so all medication should be carried in its original container.)

Toiletries

- Toothbrush
- Toothpaste
- Shampoo and soaps
- Washcloth or shower pouf
- Moisturizer/lotion
- Deodorant
- Hairbrush/comb
- Sunscreen
- Any medications & prescription copy
- Spare set of contact lenses/glasses

Money

- ATM card/Credit card
- Pouch for storing money and passport
- At least \$50 converted to the currency of the first county that you're visiting*

Personal Items

- Daypack for carrying personal items
- Passport* / Money
- Airline boarding pass
- Toothbrush and toothpaste
- Contact lens case/glasses
- A change of clothes
- Medication
- Re-Useable water bottle
- Hand sanitizer

(Check [tsa.gov](https://www.tsa.gov) for current security requirements.)

*Items to consider for international travel.