Comprehensive Packing List

Toiletries
- Towel – thin, so it will dry quickly and pack easily
- Shampoo and Conditioner
- Razors
- Soap
- Deodorant
- Toothbrush and Toothpaste
- Floss
- Brush/Comb
- Chapstick
- Moisturizer
- Tweezers
- Nail Clippers
- Hair ties
- Makeup – long-lasting foundation and waterproof mascara should be all you need.
- Any prescription medication or birth control
- Glasses/Contacts/Case/Solution

Accessories
- Money Belt
- Sleep Sheet – essentially a sheet folded in half and sewed up the side to make a sack.
- Pillow Case
- 3-in-1 utensils set
- Collapsible cup
- Small bowl
- Laundry detergent
- Ear plugs
- Guidebooks
- Camera
- Nalgene or water bottle
- First-aid kit
- Journal/Pens
- Kleenex
- Ziplock bags
- Small travel locks
- Swiss Army Knife

Clothes – depending on the time you’re traveling, but here’s some basics
- 3 T-shirts
- 1-2 pairs of jeans
- 1 fleece shirt or long underwear shirt
- 1 sweatshirt
- 1 pair cotton/sweat pants
- 1 pair warm-up or spandex pants
- 2 pairs of shorts
• Pajamas
• 7 pairs of Underwear
• 4 pairs of Socks
• 3 light sundresses
• Bathing suit
• Rainproof jacket
• Gloves
• Hiking shoes
• Sport sandals

Document/Money Checklist
• Passport
• Visas (if any)
• Copies of above for you and travel partner
• Copies of prescriptions
• Any discount cards
• Credit card
• ATM/Debit Card
• Picture ID and/or Student ID
• Plane Tickets
• Rail Tickets
• Cash for first few days