



# Packing Checklist

## Clothing

- 1-2 pair comfortable shoes (walking/sandals)
- 2 pairs of pants
- 1 swimsuit (packed in a plastic bag)
- 5 pairs of socks and underwear
- 1-2 light cardigans for layering
- 5 tops/shirts
- 2 pairs of pants
- 2 pairs of shorts/capris
- 1 belt
- 1 extra bra (ladies)
- 1 pair of pajamas

## Toiletries/Medicine

- Toothbrush/toothpaste/floss
- Razor/shaving cream or soap
- Sunscreen, insect repellent
- First aid kit
- Feminine hygiene products
- Hand sanitizer
- Spare glasses and/or prescription, mini-eyeglass repair kit, or contact lenses and supplies
- Prescription drugs (in original container with your name and your doctor's name, write down generic name)
- Shampoo/conditioner
- Brush/comb
- Lotion
- Deodorant
- Nail clippers/file/tweezers
- Vitamins
- OTC remedies (whatever works for you): Pepto, decongestants, etc.

## Electronics

- mp3 player (ipod or equivalent)
- Netbook/ipad and charger(s)
- Cell phone charger
- Camera and charger

## Miscellaneous

- Inflatable pillow/eye mask
- Jewelry
- Suggestion: keep a copy of your documents in your suitcase
- Collapsible umbrella
- Snacks