

Packing List

Above all else, pack lightly.

Essentials:

- Passport
- Credit cards
- Traveler's checks
- Tickets
- Photocopies of the above (stored separately)
- Cash

Clothing:

- Culturally appropriate clothing
- Comfortable walking shoes
- Sandals and/or shoes for a nice outfit
- One nice outfit
- Socks
- Raincoat/poncho/windbreaker
- Heavy sweater if appropriate
- Underwear
- Swim suit
- Pajamas
- Hat

Toiletries:

- Glasses & Contact lens equipment (& an extra pair)
- Cosmetics (if necessary)
- Soap & soap dish
- Toothpaste
- Toothbrush
- Towel
- Deodorant
- Comb or brush
- Razors
- Shampoo/conditioner
- Feminine hygiene items
- Kleenex
- Condoms (may be unavailable)
- Sunscreen
- Medications and/or aspirin (in original containers)
- Diarrhea Medication
- Mosquito Repellent
- Band-Aids and antibacterial cream
- Vitamins
- Hand disinfectant

Accessories:

- Daypack to hold maps, camera, etc.
- Neck wallet or money belt
- Voltage converter/adaptor
- Small flashlight
- Battery operated alarm clock
- Camera & film
- Journal
- Phrase book or dictionary
- Sunglasses
- Water bottle
- Small sewing kit
- Plastic bags for wet or leaking items