

## GENERAL SUGGESTED PACKING LIST

Please consider taking along the following items on your trip. This is not a fixed list, but more of a guideline, so feel free to add and remove items as you see fit. Use your best judgment, and pack as lightly as possible. You will appreciate light luggage towards the end of your trip. You may wish to include a small duffel for purchases bought along the way.

*TRAVEL PRO PACKING TIP: No matter what type of trip you are on, the key to dressing is **layering**. This will allow you to stay warm day or night despite wide temperature fluctuations. Also remember cotton and jeans do not dry easily. Include a few items made of capilene or polypro which wick moisture away from your body.)*

### GENERAL TRAVEL

- Your Final Itinerary
- Your Travel Insurance Confirmation & Information Packet
- Waterproof shell jacket – ALWAYS!
- Daypack (consider a pack-cover in case of rain)
- Waterproof duffel bag or suitcase
- TSA approved luggage locks or just use plastic zip ties to “lock” luggage
- Luggage Tags
- Long-sleeved shirts (2 to 3)
- Short-sleeved shirts (3 to 4)
- Pants - 2 to 3 (Comfortable, loose fitting and quick drying)
- Shorts - 1 to 2 pair (Acceptable most places except cities, churches and other places of worship)
- Travel skirt for women for temples, monasteries and nice for treks (Lightweight and below the knee)
- Quick-drying undergarments (4 to 5 changes)
- Fleece, jacket or sweater
- Walking shoes with good support and traction
- Socks (3 to 4 pairs)
- Swimsuit
- First Aid Kit
- Your prescription medicine (bring enough for 2 – 3 days extra – keep with your carry-on!)
- Travel medicine: cold and cough medicine, aspirin, motion sickness medication, anti-diarrheals, etc.
- An antibiotic for indigestion (this must be prescribed by your doctor)
- Tampons for women
- Toiletries including toothbrush/paste, soap, shampoo, moisturizing lotion, razor, wet wipes, etc.
- Sunscreen
- Insect repellent
- Money belt/passport holder
- Watch/alarm clock
- Sunglasses, eyeglasses and eyeglass straps
- Photo gear
- Lightweight binoculars
- Pocket knife – Must go in your checked bag
- Hat and Bandana
- Sewing Kit
- Language Phrase Book
- Reading material
- Pen and note pad/journal
- Plastic bags for wrapping liquid bottles or dirty shoes
- Pictures of your family and home town
- Reusable Water Bottle (like a Nalgene)
- Snack foods
- Head Lamp
- Sleeping sheet if staying in rural places