



Pack List

Pack it light and check it twice

ESSENTIALS

Wallet
Passport
Small Amount of USD
Debit Card/ Credit Card

FOOD AND SNACKS

Instant Coffee packs / favorite tea
Granola Bars
Chicken Salad / Salmon Packs
Vitamins
Water Bottle

CLOTHES

Sunglasses
Socks
Underwear
Dirty-clothes Bag
Tennis Shoes
Casual Shoes
Flip Flops
Pajamas
Long-sleeve Undershirt
Tank tops to layer
Light Jackets / Rain Jackets
Cotton Shirts
Jeans
Light-weight Pants or Shorts

WOMEN:

Cotton Skirt or Light-weight Dress
Scarf - or buy in country

OTHER

PHARMACY / SUNDRY

Sun-tan Lotion
Single Pack of Laundry Soap
Lip Balm
Medications (allergy, ibuprofen, potential disease)
Shampoo, Face Wash, Lotion, Razor, Deodorant
Hair Brush, Hair Gel

Washcloth / Medium Towel

Earplugs

First Aid Items (Band-aids, etc)

Sanitary Hand Wipes

WOMEN:

Makeup

Feminine Items

TECHNOLOGY / ELECTRICAL

Phone & Phone Charger

Converter / Adapter

Camera (if not using camera on phone)

Headphones (or Earbuds)

Small Flashlight

Women

Hair Dryer, Curling Iron, Straightener

EXTRA ITEMS - PACK WHAT YOU NEED

Netbook

Extra Memory Cards

Pillowcase

One-to-Three Outlet Extension

Swimsuit

Sweatshirt / Coat for Cold Weather Climate

Compression Bags / Large Plastic Food Bags

Small Lock

Small Gift or Card for Host Homes