



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
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