



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

- _____
- _____