**PACKING LIST**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| |  |  | | --- | --- | | **Travel aids** | | |  | Suitcases, backpack | |  | Itinerary | |  | Maps and directions | |  | Language guide | |  | Travel guide | |  | Sleeping mask, | |  | Travel locks | |  | Luggage tags | |  | Pens and paper | |  | Snacks, drinks | |  | Small pocketknife | |  | Rope, expandable | |  |  | |  | |  |  | | --- | --- | | **Toiletries** | | |  | Toothbrush, paste, | |  | Deodorant | |  | Tweezers | |  | Soap, shampoo, | |  | Towels | |  | Nailcare | |  | Tissues, toilet roll | |  | Feminine hygiene | |  | Makeup, remover | |  | Shaving supplies | |  | Skin products | |  | hair products | |  | Glasses, contact lenses | |  | |  |  | | --- | --- | | **Clothes** | | |  | Underwear | |  | Socks | |  | Sleepwear | |  | Shirts, polos | |  | Jeans, trousers, shorts | |  | Dresses, skirts | |  | Shoes, sneakers | |  | Flipflops, slippers | |  | Jackets, coats, | |  | Belts, ties | |  | Scarves, hats, gloves | |  | Other | |  | Other | |
|  |  |  |  |  |
| |  |  | | --- | --- | | **Health** | | |  | Medications, | |  | First aid kit | |  | Insect repellent | |  | ORS | |  | Mosquito net | |  | Birth control, condoms | |  | Vaccines, health | |  | Vitamins | |  | Hand sanitizer | |  | Other | |  | |  |  | | --- | --- | | **General activities** | | |  | Swimsuit and big towel | |  | Walking shoes | |  | Sunglasses | |  | Sunscreen | |  | Umbrella | |  | Daypack | |  | Books, , magazines | |  | Other | |  | Other | |  | Other | |  | |  |  | | --- | --- | | **Appliances** | | |  | Cellphone, charger | |  | Photo camera, , | |  | Laptop, iPad or Tablet, | |  | Travel adapter | |  | Travel iron | |  | Flashlight | |  | Headphones | |  | Memory card | |  | Charger | |  | Converter | |  | Power bank | |  | Selfie stick | |  | Antiradiation glasses | |  | Other | |  | Other | |  | Other | |  | Other | |  | Other | |  | Other | |  | Other | |  | Other | |  | Other | |  | Other | |
|  |  |  |  |
| |  |  | | --- | --- | | **Financial** | | |  | Foreign currency | |  | Emergency money | |  | Credit card, debit card | |  | Extra wallet | |  | Money belt | |  | Extra money | |  | Other | |  | Other | |  | Other | |  | Other | |  | Other | |  | |  |  | | --- | --- | | **Documents** | | |  | Passport, visa | |  | Tickets for airline, | |  | Passport, tickets | |  | Boarding pass | |  | Driver’s license | |  | Health insurance card | |  | List of medications, | |  | Travel insurance | |  | Student card | |  | Other | |  | Other | |  |