**Travel Packing List**

**Clothing**

If you are staying in one place for a week or more you have the option on buying bright, patterned fabrics and having a tailor make you a few skirts (shirts,dresses or pants).

*\* indicates quick-dry or fabrics that dry quickly are best for the humidity; not a must but it will make the trip easier*

**3-5 pairs underwear\***

**1-2 bras** (if you desire you can go bra-less)

**2-3 long skirts** (flowy and loose are most comfortable, they could also be mid-calf to just below knee length if you don’t mind showing your legs and are in a less conservative country)

**1-2 pairs pants/capris\***

**5-7 short-sleeved or tank tops\***

**1 long-sleeved cover-up** (think loose, flowy beach coverup, good for the beach, when walking around or protection from mosquitos)

*\*\*\*\*3-5 long summer dresses in place of skirt/top combo, in place of pants if you are not*[*trekking*](http://herpackinglist.com/2012/09/trekking-must-haves/)*/hiking and are more comfortable in dresses when hot.*

**1 nicer**[**dress**](http://herpackinglist.com/2012/12/our-top-5-travel-dresses/)**and sandals** for evenings out in bigger cities (Senegal, Marrakech, etc)

**1 swimsuit**

**1 pair of**[**shorts**](http://herpackinglist.com/2013/02/wearing-shorts-in-europe-world/) for the beach/pool

**1 pair sturdy flip-flops** for bathing

**1 pair**[**Chaco**](http://herpackinglist.com/2010/11/chaco-sandals-butt-ugly-but-damn-worth-it/)**/Teva type sandal** for walking around (keeps your feet a little cleaner than flip-flops in the dirt/mud you will inevitably walk in)

**1 pair hiking shoes** if you are trekking/hiking and 2-4 pairs associated socks\*

**1 wide-brimmed hat**

**Sunglasses**

**Lightweight**[**scarf**](http://herpackinglist.com/2012/11/one-little-thing-circle-scarf/) (if you get cold or to cover your head)

**Toiletries**

[**Sunscreen**](http://herpackinglist.com/2012/11/one-little-thing-sunscreen-stick/) (the higher the SPF the better)

**Bug repellant** (the higher Deet percentages work best, like Off for the Deep woods types)

**Itch relief cream**

**Antihistamines** (I am quite allergic to mosquito bites and would miserable without this)

**Toilet paper** (quality tp is hard to find and many in W. Africa use water rather than tp)

**Hand sanitizer** (washing hands with soap can be difficult, the cleanliness of water is not guaranteed)

**Soap**

**Shampoo/conditioner**

**Razor** (if you must but hair helps deter mosquitos)

[**Diva cup**](http://herpackinglist.com/2012/04/the-divacup-review/)**/tampons** (may not be available in country)

**Hair ties**

[**Bandana**](http://herpackinglist.com/2011/04/bandana/)

**Misc**

Unless you buy exclusively bottled water (not guaranteed to be available in smaller villages) you’ll need a **water filter or water purifying tabs**

**Nalgene type**[**bottle**](http://herpackinglist.com/2012/08/traveling-reusable-water-bottles/)

[**Camera**](http://herpackinglist.com/category/electronics/cameras/)

[**Headlamp**](http://herpackinglist.com/2012/04/spotlight-on-travel-lights-to-pack/)

[**E-reader**](http://herpackinglist.com/tag/e-readers/)**/books**

**iPod/iPhone/laptop** if you must keep in touch via wifi

**Chargers**

[**Adapter**](http://herpackinglist.com/2011/07/universal-plug-adapters/)**/converter**