

Packing list

Toiletries

Keep bag ready
shampoo
soap
talc
toothbrush
toothpaste
dental floss
deodorant
face soap & lotion
hairtie
comb, brush
first aid kit
emery board
nail clippers
moisturizer
tampons
aspirin
bandaids
kleenex
earplugs
towel
wash 'n' dry
alcohol
lip balm
razor
suntan lotion
insect repellent
hair gel/hairspray

Added toiletries

towel
medication
make-up
perfume
hair drier (dual voltage w/ international plug)
antacids
zinc lozenges
Pepto Bismol tablets
No Jet Lags pills

Pets (dog)

dog food (Mighty Dog)
collars w/ ID
chip?
leashes
bowls
medicine

Created by Jane S. Burtnett, 1985.
Revised by Jeannette Belliveau, 2007.
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Clothes

sweaters
jackets
coats
underwear
t-shirts
blouses
bras
socks
shoes
trousers
pajamas
hat
bandana
skirt
sandals
gloves
earrings
swimsuit
shorts
slip
pantyhose
thongs
sweatpants
sweatshirt
belts
walking shoes
windbreaker
rain pants
workout clothes

Misc

3-ring binder containing:

photocopy of passport
photocopy of air tickets
photocopy of guidebook sections
itinerary
maps & other literature

reading material

eyeglasses
money
ATM card
camera / batteries
memory card for digital camera
tickets
charge cards

addresses
alarm clock/calculator
binoculars
bird field guide w/ binoculars
blow-up globe
book light
business cards
cape / poncho
carrier bags
chopsticks
expandable bag for laundry
expandable bag to bring back souvenirs in
fanny pack/day pack
flashlight / batteries / bulb
food
hostess gifts
iPod
laundry soap / string line
lock and chain
malaria pills
mini tape recorder and tapes
money belt
notebook
passports, health documents
pen / pencil
personal fan
plastic spoon
sewing kit
sleeping sheet / sleeping bag
small rucksack
star chart (esp. for Southern Hemisphere)
sunglasses
swiss army knife
tea cup and lid
travel insurance
travel journal
umbrella
water bottle
water tablets
youth hostel card