

## **Appendix 2: Packing List**

This list is *very* complete, you do not need to pack everything. Note: make sure you have a change of clothes and anything you may need immediately upon arrival in a carry-on bag in case your luggage is lost/stolen.

### **BAGS**

Check through bag  
Day pack  
Carry on bag

### **SHOES**

Running Shoes  
Hiking Shoes  
Walking Shoes  
Sandals  
Rain Boots

### **JACKETS**

Poncho or Hooded Rain Jacket  
Warm jacket

### **OTHER**

Wide brimmed hat  
Bandana  
Sunglasses  
Extra laces  
Ear Plugs  
Batteries  
Head Torch  
Head Torch batteries and spare bulb  
Pocket Knife  
Duct tape  
Alarm Clock  
Matches  
Sewing kit  
Water bottle  
Zip lock bags/ plastic bags  
String (i.e. clothesline)  
Snacks – protein bars, etc

### **CLOTHING**

#### ***Tops***

T-shirts  
long sleeved shirts  
Polar fleece top  
Sweatshirt

#### ***Pants/Shorts***

Lightweight pants  
Long Shorts  
Sweatpants

#### ***Underwear***

Sports bra (if needed)  
Bras

Underwear  
Sports socks  
Thin socks  
Pajamas

**Other**

Bathing suit (in most places one piece or belly-covering two piece appreciated)  
Dress or skirt  
Dress pants  
Dress tops  
Workout gear

**TOILETRIES**

Water purification tablets (may not need)  
Wet Wipes  
Hand Sanitizer  
Toothpaste  
Toothbrush  
Dental floss  
Shampoo  
Conditioner  
Deodorant  
Lip Balm  
Moisturizer  
Sunscreen lotion  
Aloe – Sunburn lotion  
Insect repellent with DEET  
Facial Tissues  
Scissors  
Tweezers  
Shower gel  
Sanitary Supplies  
Q-tips  
Cosmetics  
Visine  
A535 gel  
Travel towel

**FIRST AID KIT**

Antacid  
Antihistamines  
Antiseptic Wipes  
Blister Treatment  
Gravol  
Anti-diarrhea tablets  
Wound dressing  
Cold medication  
Anti-Malarial Tablets  
Painkillers  
Band-aids  
Talcum Powder  
Aspirin  
Pepto bismol tablets  
Laxative  
Ibuprophen  
Hydrocortisone cream

Antifungal cream

**CARRY ON ITEMS**

Favorite snacks

MP3 Player

Pen/Pencil

Journal

Camera/Film/Batteries

Reading Material (Paperback Books)

Playing Cards

Clorets/gum

Cough Lozenges

Travel file (tickets, itinerary ...)

Travel guide

Money belt/wallet