



# packing list

## Necessary Items

- Luggage and/or Backpack
- Hip-Pack, Day-Pack, Fanny-Pack
- Neck-Wallet or Undercover Security Pouch
- Travel or Nature Guides

## Financial and Personal Documents

- Passport
- Visas
- Rail Pass
- Airline Tickets
- Travelers Checks
- Cash (Limited Amount)
- Change (Phone or Laundry Machines)
- Drivers License or ID Card
- Credit Card with PIN
- ATM Card with PIN
- Hostel Card
- Student ID Card
- Copy of Documents (Passport, Visa, etc.)
- Vaccination Certificates
- Passport Photos
- Copy of Prescriptions (Medicine, Glasses, Contacts)

## Toiletries

- Toothbrush
- Toothpaste
- Shampoo and Conditioner
- Blowdryer
- Towel and Washcloth
- Soap (Biodegradable)
- Deodorant
- Lotion or Moisturizer

- Sunscreen
- Eyedrops
- Chapstick or Lip Balm with Sunscreen
- Nail Clippers
- Dental Floss
- Razor
- Shaving Cream
- Alcohol Pads
- Feminine Hygiene Products
- Birth Control
- Contact Lens Preparation
- Electrical Adapter
- Medications
- Vitamins

### **First-aid Kit**

- Tweezers
- Needle
- Bandages
- Band-aids
- Medical or Athletic Tape
- Moleskin
- Gauze Pads
- Q-Tips
- Cotton Balls
- Latex Gloves
- Scissors
- Waterproof Matches
- Pain Killers (Ibuprofen, Aspirin)
- Disinfectant or Antiseptic Ointment (Bactine)
- Antiseptic Soap
- Anti-itch Ointment
- Sunburn Ointment
- Antacids (Rolaids, Tums, etc.)
- Nausea or Diarrhea Tablets (Imodium, Pepto Bismol, Gravol, etc.)
- Laxatives
- Antihistamine
- Insect Repellent with DEET
- Water Purification System or Tablets

## Miscellaneous

- Maps (Topographic, Driving, etc.)
- Pocket Knife (Swiss Army Knife)
- Flashlight
- Camera with Film and Lenses
- Batteries
- Film
- Cable/Thin Chain and Lock
- Nylon Cord
- Binoculars
- Bandanas
- Sunglasses with strap
- Mesh Bags or Laundry Bags
- Ziploc Bags
- Journal or Diary
- Pens/ Pencils
- Books or Magazines
- Games or Cards
- Beach Towel
- Umbrella
- String or Rope
- Nylon Cord
- Duct Tape
- Gloves
- Luggage Locks
- Travel Alarm Clock
- Neck Pillow
- Money Exchanger
- Compass
- Mirror and/or Whistle
- Toilet Paper
- Earplugs
- Large Envelopes
- Pictures
- Sink Stopper (Racquetball)
- Backpack Cover
- Sleep Sheet (for hostels)
- Drinking Cup
- Small Sewing Kit

- Language Guide/ Dictionary
- Garbage Bag
- Travel Iron

### **Clothing**

- Sandals
- Hiking Boots
- Rain Gear
- Fleece Jacket
- Fleece Pants
- Long sleeve Shirt
- Button-down Shirt
- Synthetic and Insulative Shirt or Sweater
- Down Jacket
- T-shirts
- Jeans
- Khakis
- Belt
- Underwear
- Thermal Underwear
- Socks (Liner, Synthetic, and White)
- Nylon Pants
- Hat
- Shorts
- Swimsuit
- Dress or Skirt
- Gaiters
- Gloves
- Watch

### **Backpacking Gear**

- Sleeping Bag
- Foam Pad
- Ground Sheet
- Tent Gear (poles, stakes)
- Bug Netting
- Ice Chest or Cooler
- Water Bag
- Portable Shower

- Lantern
- Candles
- Firestarter
- Waterproof Matches

### **Winter Gear**

- Avalanche Beacons
- Snow Stakes
- Snow Shoes
- Crampons
- Ice Axe
- Snow Pot (for melting snow)
- Shovel

### **Cooking Equipment**

- Stove w/ Repair Kit
- Fuel Bottles or Pumps
- Windscreen
- Cookset (Pots, Frypans, etc.)
- Food Containers
- Utensils (Knife, Spoon, Fork)
- Spatula
- Whisk
- Can Opener
- Grater
- Pot Grips and/or Holders
- Plate, Bowl, Cups
- Chopping Board or Block
- Sponges or Cleaning Pads
- Towels
- Energy Bars or Powders