



International Packing / check List

Logistical stuff

- ☐ **Passport**
- ☐ **Photo copies on USB of important documents**
Passport, driver's license, vaccination records, flight/lodging reservations, credit cards (front/back), etc.
- ☐ **Vaccination certification**
Yellow Fever vaccination is required for some countries. Consider getting boosters of: Tetnus, polio, Hep A/B
- ☐ **Visa***
*If required
- ☐ **Headphones / music**
- ☐ **Adaptors**
For all electronics
- ☐ **Unlocked cell phone**
So you can put a foreign SIM in it and still use it
- ☐ **Medications**
Any additional meds needed for that region - i.e. malaria.
- ☐ **200\$ in USD**
Somewhere in bag - not in wallet
- ☐ **Debit/Credit cards**
Contact bank and tell them you're traveling
- ☐ **Nalgene water bottle**
(Won't melt if you put hot water in it)
- ☐ **Jar of Wonders**
Plastic jar filled with nuts/dried fruit.

Apps / Resources

- Update / start using the following apps
- ☐ **Rome 2 Rio**
 - ☐ **Google maps**
Download areas (good for 30 days of offline use)
 - ☐ **Tripit**
Input your itinerary, share with friends/family (for security)
 - ☐ **Currency converter app**
 - ☐ **Kayak**
 - ☐ **Hostelworld**
 - ☐ **Triposo**
 - ☐ **AirBnb**
 - ☐ **Uber**

Optional stuff

- ☐ **Duct tape**
Wrapped around a pen
- ☐ **External Battery**
Note: Some airports have limits on size of batteries.
- ☐ **Kindle / E-reader**
Stock up on books while at home
- ☐ **Laptop**
I don't bring mine unless I'm going to do work - or it's longer than 2 weeks.
- ☐ **Fake wedding band**
(For female solo travelers)
- ☐ **Mini sewing kit / Super glue**
Optional - but I use mine on almost every trip.

Clothing

- ☐ **2 hankies (tissue)**
- ☐ **Shaw / Sarong**
Doubles for SO MANY things
- ☐ **Undergarmets**
2 sports bras, 6 pairs of underwear. Quick-dry and versatile.
- ☐ **2 pairs of pants**
Quick-dry with lots of pockets. Convertible pants have multiple uses!
- ☐ **3 shirts**
Quick-dry = bonus. Variety = multiple uses. Add 1 tank-top for even more variety.
- ☐ **1 pairs of running shorts***
Fisherman pants / yoga pants - Can be doubled as sleep-wear
- ☐ **Balaclava**
Doubles as head-covering, eye mask, headband, etc.
- ☐ **Baby wipes**
- ☐ **Ear plugs**
- ☒ **Workout clothes**
Optional - Your crappiest clothes. These are the first to be ditched when you need space.
- ☒ **Head lamp**
- ☒ **Locker lock**
- ☒ **Flexi-skirt**
Optional - doubles as lots of things.



International Packing / check List

Hot Climates

☐

Sandals

Something you can walk around in for hours.

☐

Light jacket

Something waterproof/resistant

☐

(lots) Ziplock - various sizes

Med kit

☐

Ace bandage

☐

After-bite pen

☐

Alcohol wipes

☐

Aloe ointment

☐

Athletic tape

☐

Band-aids

(all sizes)

☐

Condoms*

☐

Dental floss

☐

Drugs (see side)

☐

Eucalyptus oil

☐

Gauze

☐

Hair ties*

☐

Hand sanitizer

☐

Instant coffee*

☐

Iodine*

☐

Lighter / matches

☐

Mirror

☐

Moist Towelettes

☐

Mole Skin*

☐

Needle / Thread

☐

Plastic Gloves

☐

Q-tips

☐

Saline solution

☐

**Salt /sugar
packets**

☐

**Sore throat
treatment**

☐

Super glue

☐

Tampons*

☐

Tiger Balm*

☐

Tweezers

Cold Climates

☐

Hat / gloves

☐

(lots) Ziplock - gallon

☐

Boots / good shoes

Toiletry Kit additions

☐

Tiger Balm

☐

Vaseline

☐

Chapstick

☐

Microfiber towel

☐

Sunscreen

You'd think sunscreen would be cheap in other countries....
It's not.

Drugs

☐

Nyquil / Day-quil

☐

Benedryl

☐

Anti-diarrhea

☐

Ibuprofen / Motrin

☐

RU21 (anti-hangover)

☐

Diamox (altitude alleviation)

☐

Amoxicillin

☐

extra Epi-pen

☐

Vitamin B

Camping / Hiking

☐

Versatile backpack

☐

Bug spray (or wipes)

☐

Pack cover (optional)

☐

Clothesline

☐

Headlamp

☐

Playing Cards

☐

Rubber Ball

(for rolling out muscles)

☐

Tent (light weight)

☐

Sleeping bag (for climate)

☐

**"pocket rocket" camp
stove**

Note: Propane may not be available everywhere.