

The following is a list of packing suggestions. You may not need every item listed, depending on your destination and the activities included in your program.

Clothing:

- Dressy jacket
- Shirts/blouses/tops
- Trousers/skirts/shorts
- Swimsuit and coverup
- Sweater or cardigan
- Rainwear (umbrella, jacket, boots)
- Jacket or coat
- Socks
- Undergarments
- Long underwear
- Scarf, hairband, bandanna
- Gloves or mittens
- Sun hat or visor
- Dressy shoes
- Walking shoes/boots
- Flip-flops, sandals, slippers
- Belt

Bags/luggage:

- Medium-sized shoulder bag
- Small bag/purse
- Lightweight duffel bag/laundry bag
- Luggage locks (TSA-approved)
- Ziploc bags
- Trash bags

Cleaning/Laundry Supplies:

- Sink stopper
- Detergent/spot remover
- Clothesline
- Inflatable hangers (to dry clothes)

Hygiene/Health:

- Toilet paper, antibacterial wipes
- Water purifier
- Pain reliever, diarrhea treatment, infection treatment
- Insect repellent, mosquito net
- Sunscreen, lip balm
- Bandages
- Menstrual supplies
- Contraceptives and prophylactics
- Vitamins, medications
- Collapsible water bottle/cup

- Glasses, sunglasses, contact lenses/solution
- Earplugs, eye mask (for sleeping)

Toiletries

- Toothbrush, toothpaste, floss
- Razor, blades, shaving cream/oil
- Comb, hairbrush
- Shampoo, conditioner
- Soap/body wash
- Deodorant
- Nail clippers
- Plastic mirror
- Washcloth/towel
- Hair dryer

Documents:

- Passports, visas
- Vaccination certificates
- Health insurance card
- Travel tickets
- ATM & credit cards
- Prescription & doctor's note
- Copies of all important documents

Electronics:

- Plug/power cord adapters
- Cell phone, charger
- Laptop/tablet, charger
- Alarm clock
- Batteries
- Camera

Miscellaneous:

- Pens, pencils, small notebook
- Maps, guidebooks, phrasebooks
- Books/reading material
- Scissors
- Spoon, fork, spork, chopsticks, plate/bowl
- Compass, whistle
- Travel pillow (inflatable)
- Hostel sheet bag/sleeping bag
- Safety pins, rubber bands, cord
- Sewing kit
- Duct tape