## A Comprehensive Packing List



| CLOTHING   |  | Underwear Undershirts or Bras Sports Bra Socks or Stockings Sleepwear  Dresses Suits   |  | T-shirts Casual Shirts Dress Shirts Sweaters Cardigans  Dress Pants Skirts Shorts   | Fitness Apparel Bathing Suit Beach Cover Up Coats & Jackets Rain Gear  Flip Flops Runners Dress Shoes & Loafers Boots & Heels | Jewellery Watch Tie and Cuff Links Sunglasses & Case Scarf Belt Purses  |
|------------|--|--|--|---|---|---|
| TOILETRIES |  | Shampoo/Conditioner Body Wash or Soap Face Wash Razor & Extra Blades Toothbrush/Toothpaste Floss Lotion & Face Cream Glasses/Contacts/Solution |  | Hairstyling Appliances Hairspray or Gel Brush & Comb Hair Accessories Make-Up Shaving Supplies                                | Lip balm Q-tips Deodorant Feminine Hygiene Products Nail Polish Nail Clippers/Tweezers  | Sunscreen<br>Bugspray<br>Mosquito Coils<br>Aloe Vera<br>Hand Sanitizer<br>Travel Towel                                |
| UTILITIES  |  | Pens/Highlighter/Marker Pen Case Sticky Notes/Notebook Business Cards  Locks – Luggage & Laptop Multi Plug-In Voltage Adapters                 |  | Flashlight or<br>Headlamp<br>Utility Knife<br>Carabiners<br>Compass<br>Can Opener<br>Heat Packs<br>Lighter<br>Extra Batteries | Gloves & Toque Buff & Bandana Compression Sacs Water Proof Bag Sleep Sheet Stuff Sacs   | Extra Sandwich Baggies Plastic Grocery Bag Wet Wipes Grocery Bag Toilet Paper  Laundry Bag Laundry Soap Thread/Needle |
| MEDICAL    |  | Pain relievers<br>General Antibiotic<br>Personal Medications<br>Birth Control/Condoms  |  | Anti-Nauseant<br>Anti-Diarrhetic<br>Anti-Malarials  | Mini First Aid Kit<br>First Aid Ointment<br>Tensor Wrap<br>Pins   | Multi-Vitamins<br>Vitamin D<br>Water Purifying Tabs   |
| CARRY-ON   |  | Passport & Case Purse or Wallet Credit & Debit Cards Local Currency Drivers License Travel Insurance Card Bank & Emergency Contacts            |  | Under-Clothing<br>Document<br>Holder<br>Copy of<br>Documents &<br>Passport  | Blanket<br>Pillow<br>Ear Plugs<br>Sleep Mask<br>Sweater   | Guide Book<br>Itinerary<br>Maps<br>House and Car Keys<br>Water bottle<br>Granola Bars, Nuts or<br>Snacks              |
| TECHNOLOGY |  | Laptop or Tablet<br>eReader<br>iPod<br>Phone & SD Card<br>Camera & Lenses  |  | Mini Speaker<br>External Hard<br>Drive  | Memory Cards<br>Memory Stick<br>Headphones<br>eReader light   | All cords and chargers<br>Car USB Charge  |