

# PACKING LIST

No need to worry, our pros thought of every item for your upcoming trip. All you have to do is put them in a bag.

## Clothes

- Shirts/Blouses/Tops/
- Dresses
- Pants/Skirts/Shorts
- Socks
- Undergarments
- Jacket
- Sweatshirt
- Pajamas
- Walking Shoes
- Belt

## Personal Hygiene

- Toothbrush
- Toothpaste
- Floss
- Mouthwash
- Deodorant
- Hair Brush
- Shampoo and Conditioner
- Bar Soap
- Face Wash
- Q-tips
- Feminine Hygiene Products

## Documents

- Charge & ATM Card
- Some Cash
- Government Issues ID
- Passport \*
- Extra Passport Photo \*
- Visas \*
- Vaccination Certificates\*
- Copies of Important Documents
- Email a copy to yourself and parents\*
- Travel Tickets/Documents

### PRO TIP

Dress in layers. Temperatures can fluctuate throughout the day, and it can be beneficial to take off layers as it warms up.

## Health

- Antibacterial Wipes
- Hand Sanitizer
- Prescription Medication
- Allergy Medication
- Pain Relief
- Epipen
- Bandages
- First Aid Kit
- Vitamins

## Weather / Seasonal Permitting

- Winter Coat
- Long Sleeve Shirts
- Sweaters/Cardigan
- Scarf
- Gloves/Mittens
- Hat (baseball or knitted)
- Flip-flops
- Swimsuit
- Raincoat
- Umbrella
- Poncho
- Sunscreen
- Bug Repellent

## Miscellaneous

- Water
- Refillable Water Bottle
- Snacks
- Backpack
- Fanny Pack
- Purse
- Security Pouch
- Travel Bag
- Luggage Locks

### PRO TIP

Bring good walking shoes! It is always more walking than you might anticipate. Make sure to gear up and plan ahead!

## TRAVEL *comfortably*

- Reading Material
- Sunglasses
- Camera
- Cell Phone
- Chargers
- Headphones
- Lip Balm
- Travel Pillow/Blanket
- Earplugs
- Sleeping Mask
- Plastic Bags

FOLLOW OUR ADVENTURE  
TAG US IN ALL OF YOUR PHOTOS FROM THE TRIP