Simple list:

- First item
- Second item

Here is a simple table without column lines:

1	2	3
4	5	6
7	8	9

In this table you get column lines:

1	2	3
4	5	6
7	8	9

And of course you can get both:

1	2	3
4	5	6
7	8	9

And even fancier:

1	2	3
4	5	6
7	8	9

The full possibilities of Latex:

7C0	hexadecimal
3700	octal
11111000000	binary
1984	decimal