

## CHART 2: CATCH ALL PACKING LIST

	BRING	BUY THERE	NO NEED
<b>Official and Administrative Paperwork</b>			
Passport and Visa			
Passport and Visa paper copy			
Extra passport photos			
Itineraries: air, hotel, car, tour, other			
Boarding pass (Keep international ticket stub)			
Ids, student card, money, ATM card, credit cards			
Insurance card/travel insurance, insurance card copy			
Emergency contact card*			
Current keys- house, car, other, etc			
Small writing pad/pen**			
Daypack to carry things			
<b>Clothing</b>			
Basic clothing			
Undergarments/socks			
Bedtime clothing			
Exercise clothing			
Business clothing			
Night out clothing			
Cold protection/ outerwear			
Swim			
Rain			
Footwear for clothing types			
<b>Health</b>			
Medicines- daily (birth control, etc)			
Medicine- travel specific from doctor			
Medicine- over counter/first aid (allergy, head, tummy)			
Vitamins			
Special foods			
Eye glasses			
Contact lenses equipment			
Sunscreen			
Sunglasses			
Hat			
Mosquito Repellent			

\* Emergency Card Info includes:

- Your country
- Phone number and email of an emergency contact person (write the phone number from perspective of visiting country dialing out)
- Phone number and email of your doctor
- International ATM and credit card toll free number
- Phone number and address of closest Consulate

\*\* It is useful to have locals write things down that you do not understand in your small notebook.

**CHART 2: CATCH ALL PACKING LIST** *(cont'd)*

	BRING	BUY THERE	NO NEED
<b>Electronics</b>			
AC adapter (2 to charge multiple things)			
Phone/charger			
Extra phone if using other phone internationally			
Camera/charger			
Laptop/charger			
Music player/headphones/charger			
E-book reader/charger/ other reading/ journal			
<b>Toiletries</b>			
Babywipes			
Tissues			
Dental- toothbrush, paste, floss			
Hair- shampoo, conditioner, brush, ties			
Body- soap, deodorant, scent, moisturizer, lips, hand sanitizer			
Make-up/Nails			
<b>Miscellaneous</b>			
Small hand towel			
Hostel sheet/pillowcase			
Padlock			
Swiss army or multi tool (checked luggage)			
Things for special adventure activities, rock climbing, etc			