

Packing List for International Travel A-Z

- Address labels of family/friends for postcards.
- Airline tickets
- Alarm clock
- American \$1 bills (great for tips)
- Antibiotics (broad spectrum)
- Any specific directions or maps needed
- ATM card (Not every country will have ATM machines)
- Backpack
- Band-Aids
- Belt
- Blow Dryer
- Body moisture lotion
- Book
- Camera (and EXTRA batteries – you probably won't be able to buy them there) ___
- Cash
- * don't keep all in one place
- * Bring more than you think you'll need. Many places do not accept credit cards, such as hospitals, airlines (for last minute flight changes), etc!
- Clothing and shoes
- Comb/brush
- Computer (with adaptor)
- Contacts or glasses (cleaning solution and copy of Rx's)
- Converter and adaptors for electronics (figure out which kind you need for each country)
- Copy of passport (3 COLOR copies):**
- *Carry a color copy with you in a separate place from your original.**

- *Copy for your group leader.**
- *Leave a copy at home with someone who can access it if you need it.**
- *ALSO scan and email yourself a copy so you can access it while traveling.**
- Copies of drivers license and plane tickets
- Copy of prescriptions
- Credit card (bring only one, leave the # and phone # at home with someone in case it is lost or stolen.
- Deodorant
- Ear plugs / Eye masks (for airplanes and noisy hotels)
- Extra batteries
- Film for camera/Extra memory card
- First Aid Kit
- Flashlight (small)
- Gifts if visiting (small)
- Hairspray, gel, etc.
- Hat or cap
- House key (easy access when you return home)
- Inflatable neck pillow
- Insect repellent/wipes
- Journal
- Laundry soap liquid in a small squeeze bottle (Woolite)
- Lip balm
- Luggage tags
- Makeup
- Medications (prescriptions, cold medicine, Pepto, Dramamine, Immodium, Triple Antibiotic ointment, etc.
- Mirror (small)
- Nail care items

- Passport (and perhaps a passport cover)
- Pens and notepad
- Phone card (prepaid international)
- Phone list of numbers you may need to call
- Pocket calculator
- Pocket language dictionary
- Q-Tips
- Razor
- Safety pins (2 to secure your pockets against pickpockets)
- Sanitary feminine products (hard to find sometimes)
- Scarf (for your head, women, in some countries)
- Security pouch or neck wallet
- Sewing kit
- Shampoo
- Shaving cream
- Sleeping bag/sheets
- Snacks (Powerbars, granola bars, dried fruit, beef jerky, nuts, water)
- Soap
- Socks for the airplane (can get cold)
- Suitcase locks and keys (but do not lock before flying – not allowed)
- Sun block
- Sunglasses
- Swiss Army Knife (not in carry-on)
- Tissues
- Toilet Paper
- Toothbrush and cover or holder
- Toothpaste
- Towel

- Towelettes for hands (use anti-bacterial or anti-bacterial hand sanitizer)/Baby Wipes
- Travel clothes for the plane (at least 2 days' worth in case your luggage gets lost)
- Tylenol or other pain reliever
- Tylenol PM or Benadryl to help you sleep
- Umbrella (fold up)
- Vaccination certificate
- Visas, if required (should be in passport)
- Wash cloth
- Water bottle
- Ziploc bags