

While all the items on this list may not be necessary, it can help you remember the things you need to bring with you.

Essential Documents

- Passport (be sure it is current and will not expire before your trip ends)
- Visa
- Health documents (proof of necessary shots, etc.)
- Airline, train, bus, etc. tickets (transportation)
- Health insurance
- Traveler's checks
- Local currency
- Credit cards
- Photocopies of documentation
- Trip cancellation insurance

Packs

- Day pack or fanny pack
- Travel Pack
- Duffel

Clothing

- Underwear
- Travel shirt (* document pockets, security pocket a plus)
- Travel pants (*multiple pockets, convertible to shorts a plus)
- Socks
- T-Shirts
- Shorts
- One nice outfit for theater or restaurant
- Fleece, Polartec or wool sweater (depending on destination weather conditions)
- Rainwear
- Brimmed hat
- Bandanna
- Trekking boots
- Walking shoes (nice enough to wear into restaurants, theater, etc.)

Traveler's Essentials

- Sunglasses
- Sunscreen
- Mini sewing / repair kit
- Travel locks
- Multitool knife
- Luggage ID tags
- Electrical conversion plugs
- Mesh bag for dirty laundry
- Portable iron
- Document pouch (undercover passport carrier, money belt, etc.)

Toiletries

- Lip balm
- Toothbrush and toothpaste
- Dental floss
- Deodorant
- Make up
- Skin care lotions / Creams
- Shampoo (in small Nalgene bottle)
- Shaving cream and razor
- Moist towelettes
- Soap
- Blow drier
- Nail clippers, files, scissors, etc.

Miscellaneous Items

- Language books
- Currency converter
- Camera, film, lenses
- Binoculars
- Address book
- Travel journal
- Compact travel games and playing cards
- Reading materials (paperbacks you can leave behind are best)
- Trinkets for gifts and trade