

Essential Packing Checklist

Whether you're traveling for five days or five weeks, here's what you'll need to bring. Remember to pack light to enjoy the sweet freedom of true mobility. Happy travels!

- 5 shirts
- 1 sweater or lightweight fleece jacket
- 2 pairs pants
- 1 pair shorts
- 1 swimsuit (women only--men can use shorts)
- 5 pairs underwear and socks
- 1 pair shoes
- 1 rain-proof jacket
- Tie or scarf
- Money belt
- Money--your mix of:
 - Debit card for ATM withdrawals
 - Credit card
 - Hard cash in US dollars
- Documents (and back-up photocopies)
- Passport
- Printout of airline e-ticket
- Driver's license
- Student ID and hostel card
- Railpass/car rental voucher
- Insurance details
- Daypack
- Sealable plastic baggies
- Camera and related gear
- Empty water bottle
- Wristwatch and alarm clock
- Earplugs
- First-aid kit
- Medicine (labeled)
- Extra glasses/contacts and prescriptions
- Sunscreen and sunglasses
- Toiletries kit
- Soap
- Laundry soap (if liquid and carry-on, limit to 3 oz.)
- Clothesline
- Small towel
- Sewing kit
- Travel information
- Necessary map(s)
- Address list (email and mailing addresses)
- Postcards and photos from home
- Notepad and pen
- Journal

If you plan to carry on your luggage, note that all liquids must be in three-ounce or smaller containers and fit within a single quart-size baggie. For details, see www.tsa.gov/travelers.