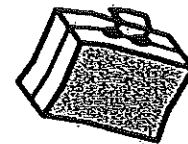




WHAT TO PACK



ESSENTIALS

- ☛ Passport
- ☛ Visa
- ☛ Money
- ☛ Traveler's checks/Bank card
- ☛ Money belt
- ☛ Hostelling card
- ☛ Health documentation
- ☛ Lonely Planet guidebooks & maps
- ☛ International Student Card/ID
- ☛ Transportation tickets & passes
- ☛ Photocopies of all documentation
- ☛ Sturdy backpack/luggage
- ☛ Day pack
- ☛ Travel organizer

EXTRAS

- ☛ Playing cards
- ☛ Eye mask for dozing in planes/trains
- ☛ Neck rest
- ☛ Small padlock
- ☛ Binoculars
- ☛ Gum/mints
- ☛ Sleep sheet & pillowcase
- ☛ Travel utensils
- ☛ Travel clothesline
- ☛ Small umbrella (great for sun or rain)
- ☛ Pictures of home & family (to show to new friends)
- ☛ Good books
- ☛ Glue stick (for memorabilia & affixing postage)
- ☛ Candle
- ☛ 1 special occasion outfit
- ☛ Bandana/scarf
- ☛ Belt

SUNDRIES

- ☛ Camera & film
- ☛ Pocket knife
- ☛ Small flashlight
- ☛ Zip lock bags
- ☛ Lonely Planet phrasebook
- ☛ Collapsible water bottle
- ☛ Travel journal
- ☛ Alarm watch/clock
- ☛ Sewing kit
- ☛ Sunglasses
- ☛ Hat with a brim
- ☛ Knit cap
- ☛ Waterproof matches
- ☛ First-aid kit
- ☛ Energy bars
- ☛ Water bottle
- ☛ Ear plugs
- ☛ Pen, pencil
- ☛ Writing pad
- ☛ Phone card
- ☛ Laundry detergent
- ☛ Rain poncho or waterproof jacket
- ☛ Swim suit
- ☛ Sturdy shoes &/or hiking boots
- ☛ Flip-flops (for showers)
- ☛ Undergarments

FIRST-AID KIT

- ☛ Antibiotics
- ☛ Antihistamine
- ☛ Bandages & Band-Aids
- ☛ Cold & flu tablets
- ☛ Motion sickness medicine
- ☛ Regular medications
- ☛ Multi-vitamins
- ☛ Pepto-bismal or chamomile drops for tummy problems
- ☛ Aspirin/Ibuprofen
- ☛ Calamine lotion or anti-itch cream
- ☛ Potable iodine tablets
- ☛ Rehydration Mixture
- ☛ Antiseptic
- ☛ Throat lozenges
- ☛ Antifungal cream

TOILETRIES

- ☛ Sun block
- ☛ Insect repellent
- ☛ Lip balm
- ☛ Kleenex
- ☛ Moist tolettes
- ☛ Moisturizing lotion
- ☛ Toothbrush & toothpaste
- ☛ Soap
- ☛ Dental floss (also useful for anything that requires string)
- ☛ Lightweight towel
- ☛ Washcloth
- ☛ Contacts & solutions
- ☛ Eyeglasses & prescription
- ☛ Hairbrush or comb
- ☛ Nail clippers
- ☛ Contraceptives



for more expert travel info go to:
www.lonelyplanet.com

