



Travel Items, Pack List – brought to you by [Dave's Travel Corner](#)

Note: Items ~~crossed-off~~ below typically are only allowed in carry-on baggage in specific quantities -3oz (these items also may not be allowed in carry on baggage on some airlines) and need to be in a Ziploc bag.

1st aid kit

Includes: Gauze, Moleskin, 30 Advil, Pepto-Bismol, Imodium (10), Scalpel, Winders, Super glue (2), Band aids (5), Alcohol swabs, (2) Bobby pin, Azithromycin & a Re-hydration kit (Azithromycin is a powerful general antibiotic for severe diarrhea or vomiting), anti-emetic like Zofran or Phenergan Nasal Decongestant (Afrin), or oral decongestant ([Sensbit](#)) and IBuprofen (10)

Backpack - a school sized pack - one you can carry on to any airplane (1)

Cash - usually take several different denominations, note some countries give better exchange rates for higher denominations (amount depends on stay)

Camera - SLR or Digital, bring 1 extra battery - may be optional for some people (1)

Camera charger (1)

Credit cards - take several types, Visa, MasterCard, Amex, Debit ATM card (often International transaction fees are charged for credit card use overseas- avoid this with a PayPal credit/debit card) (2-4)

Detergent (Laundry) - great for washing clothing, small amounts work well (1 small bag)

Duct Tape - rather than taking a roll, wrap this around one of your items

Electric Shaver - (small as possible) - or simply a razor to save space & weight (1)

Garbage bag - use this in case of rain (1)

Headlamp - you can find small 3oz LED models - a good small lightweight alternative is simply a single LED light the size of a coin (1)

Money Belt - use one that fits around your waist - one that has 2 compartments. This is where you will store your money, credit cards, passport, plane tickets or any other important documents you may be carrying (1)

Pants - these must be lightweight - and preferably will have at least 4 pockets. Outdoor stores also sell lightweight pants with a zipper in which you can remove the lower 2/3 of the pant legs, thus creating shorts - a space saver (1)

Passport - verify your passport's expiration date and blank page availability before leaving (1)

Pen - a half size pen that will fit in a pocket (1-2)

Photocopy of Passport kept in a different place than the actual passport (1)

Plane Tickets – these days many tickets are E-tickets – if so, print out your confirmation (1+)

~~Shampoo~~ -this is contained in small plastic containers (2 or 3)

Shoes lightweight - for hiking. Be sure they are well worn in before you start your trip (1 pair)

Shorts - swimming/regular combo (1-2)

Soap Bar (1)

Socks - in a warm humid climate you probably won't wear these very much - regardless of climate. MUST bring synthetic. Less smell, & dries very quickly. (2)

Sunglasses - be sure they are polarized (1)

T-shirt - synthetic is less weight, has less smell & dries very fast (1 or 2)

Toilet paper roll - take the center out before you travel - a great addition to put in one of your pockets when you are traveling in 3rd or 4th world countries (1)

Toothbrush - use a 1/2 size one to save space (1)

- Toothpaste - bring the 1/2 sized ones (1-2)
- Underwear - preferably synthetic - less smell and quick drying. (2)
- Ziploc Bags - bring several sizes, they are good for storing items - the large ones can be used to waterproof your clothing when you pack (3-5)

Cold Weather Option Items

- Balaclava - fleece head covering with slits for your nose and mouth (1)
- Compression Sack - use for down jacket as mentioned below (1)
- Down Jacket - 700 fill down Jacket can be compressed very small - very warm (1)
- Fleece Liner gloves - even thin gloves will help keep your hands warm (1)
- Fleece Lower Body Liner (Fleece is warm and dries fast) (1)
- Fleece Upper Body Liner (Fleece is warm and dries fast) (1)

Optional Items (depends on preference and type of trip)

- Business Cards - good to hand out to fellow travelers & locals alike (10-50)
- Calculator - one that is very small (1)
- Carabineer - small toy locking carabineer can be used as substitute for locks (1-3)
- Chapstick - depends on climate and your trip (1)
- Comb - as small as possible. One cut in 1/2 works quite well. (1)
- ~~Deodorant~~ - small (1)
- Electrical socket converter (check with country to see which one you need) (1)
- Flip flops - optional if you decide to take hiking shoes (1 pair)
- GPS - (handheld) - an invaluable tool for travel (1)
- Hat - floppy hat, which covers your entire head, recommended (1)
- Laptop or Netbook - many Internet cafes have wireless, good for airport use (1)
- LED Lights - small ones are great for attaching to your bag, camera bag etc. (1-3)
- Lock/Key - small locks are good for securing your zippers & bags (1-3)
- Mobile phone charger (1)
- ~~Mosquito repellent~~ - depends on trip & location, be sure it contains DEET (1)
- Notebook - small notebook for keeping track of travel items & ideas (1)
- Photocopied travel info - maps, descriptions etc. (1)
- Rubber bands (4)
- Smart Phone (be sure it is unlocked and will work in destination country) (1)
- ~~Soap (Liquid)~~ - an excellent cleanser and quick to dry (1)
- ~~Sun-tan lotion~~ - SPF 35+ (depends on country & time of year) (1)
- Stopper (rubber or cork for putting in sink drain when doing laundry) (1)
- Timepiece - a watch is preferable - Dave uses one that includes a compass, altimeter, alarm & a variety of other functions (1)
- USB Thumb Drive (for backing up photos/videos) – 8gb minimum recommended (1)
- Vomit Bag - can usually find these in seat pockets of airlines (1)
- Washcloth - small synthetic one works well (1)
- Water bottle wrapped with Medical tape (tape has no residue & is very strong) (1)