TRAVELER

Toiletries	1	2	3	4
Sunscreen				
Shampoo and conditioner				
Toothpaste				
Floss				
Band aids				
Blister kit				
Nail clippers and file				
Wet wipes				
Small packs of tissues				
Toothbrush + holder				
Deodorant				
Comb/brush				
Hair bands				
Your daily face routine				
Razors				
Qtips				
Tweezers				
Glasses lens cleaner				
After bite (bug bites)				
Ear plugs				
Lip balm				
Feminine products				
Hand sanitizer				
Bug repellant				
liquid soap				
Electronics	1	2	3	4
Kindle				
Camera + memory cards				
Chargers for everything				
Batteries				
Power adaptor				

## TRAVELER

Documents	1	2	w	4
Document keeper				
Printed itinerary+contacts				
Travel insurance docs				
Passports				
Visas				
Cash				
Medicines	1	2	З	4
Anti-diarrheal				
Probiotics				
Oral rehydration powder				
Antibiotics (emergencies)				
Antihistamine				
Ibuprofen				
Cortisone				
Any other important meds				
Other Gear/Stuff	1	2	3	4
Day pack				
Quick dry towel				
Wide mouth water bottle				
Clothesline				
Laundry bag				
Host gifts				
Playing cards				
Family journal				
Gallon size ziploc bags				
Notebook				
Pens/pencils				
Sarong				
Snacks				

**TRAVELER** 

	_		/ELER	
Clothing (hot)	1	2	3	4
1-2 long pant				
2 shorts or skirt				
4 short sleeve / tank tops				
1 light long sleeve top				
1 dress outfit				
Pyjamas (or extra tee shirt)				
Light scarf				
Bathing suit				
Rashguard				
5 underwear				
2 socks				
Hat				
Sunglasses				
2 cotton handkerchiefs				
Light rain coat				
Shoes (hot)	1	2	3	4
Closed toe walking shoes				
Sport sandals				
Flip flops or nice sandals				
Other hot items	1	2	3	4

## TRAVELER

Clothing (cold)	1	2	3	4
2 long pant				
4 long sleeve tops				
1 short sleeve top				
1 long underwear				
1 wool or fleece top				
1 down sweater				
1 waterproof shell				
1 waterproof pants				
1 scarf				
1 wool hat				
1 pair waterproof gloves				
Bathing suit				
5 underwear				
4 pair socks				
Pyjamas				
Shoes (cold)	1	2	3	4
Waterproof walking shoes				
Indoor shoes				
Down slippers				
Other cold items	1	2	3	4
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