

Carry On Essentials

Passport, Driver's License or other ID	Small journal or notepad, pen
Comfort kit: Neck Pillow, Eye Mask, Ear Plugs	Currency, credit cards, ATM card Money belt (if using)
Small snack (Almonds are my go-to)	Sunglasses
Cell phone and/or MP3 Player, Headphones	Sleep aids Other must-have meds
Tissues	Hand sanitizer

Electronics

Camera and SD card(s)	Notebook or tablet
Book or e-reader	Mini surge protector
Flashlight	Electric converter(s)
Accessories for all devices (chargers, cases, connecting cords)	External hard drive, backup batteries (optional)

Clothing

<u>Shirts</u>	Short-sleeved	Long-sleeved	Tank tops
<u>Pants</u>	Shorts	Activewear (ie yoga pants)	Denim
<u>Undergarments</u>	Underwear	Socks	Bras
<u>Active Wear</u>	Bathing suit	Sports bra	Tights or leggings
<u>Dresses</u>	Multi-functional jersey dress	Long skirt	
<u>Accessories</u>	Hat	Scarf	
<u>Jackets</u>	Light rain jacket	Lightweight sweatshirt or fleece	
<u>Sleepwear</u>	Use above to sleep in!		

Shoes

Comfortable flats	Athletic shoes
Flip-flops aka thongs/jandals	Water-friendly sandals OR Boots

Utilities

Travel blanket or sleep sack	Dry bag Ziplock bags
Carabiners Compass	Luggage locks Combination lock
Reusable water bottle	Sink plug Laundry detergent sheets
Mini umbrella	Small microfiber towel

Toiletries

Shampoo/conditioner	Face wash
Chapstick	Sunscreen
Basic makeup (I take concealer, mascara, blush)	Hairbrush
Deodorant	Bar of soap
Razor	Toothbrush Toothpaste
Floss	Tweezer

Travel Medicine Cabinet

Antibiotics: zithromycin aka ZPack, cipro, oral rehydration salts	Oral Rehydration Salts
For the stomach: antacid, Pepcid tablets, Imodium.	Aspirin/pain reliever
Band-aids/Neosporin	Benedryl
Small scissors	Malaria prevention (I use doxycycline)
Sleep aid	Any prescribed medications

Other (Trip-Dependent)

Immunization papers Scuba Diving Card (if applicable)	Business cards
Printed passport-sized photos	Safety whistle, doorstop
Mini toilet paper roll	Backpack cover
Copies of passport, ATM/credit cards	Bug spray