

TRAVEL PACKING LIST SUGGESTION

- **Personal toiletries** (items might include the following):
 - Shampoo, soap and other shower items, deodorant, facial cleansers, dental hygiene items, lip balm, sunscreen, hair scarf, hair gels, make-up (if applicable), lotions, shaving items, etc.
 - Travelers may now carry through security checkpoints **travel-size toiletries (3 ounces or less) that fit comfortably in ONE, QUART-SIZE, clear plastic, zip-top bag.**
- **Relaxed summer pants** (Lightweight cotton, such as **Khakis** or linen blends are usually recommended. These fabrics tend to keep you cooler, as opposed to heavy denim, and these fabrics dry faster – in case you get wet on the river cruises).
- **Cold weather clothes**
- **Cargo pants or skirts with pockets** (to detour potential thieves, you can place monetary items in the side pockets)
- **Underwear and socks** (Ziploc bag to place unclean underwear in- so you won't get confused about which underwear is clean and which underwear is dirty).
- **Comfortable shoes** (Low profile sneakers with good tread or Birkenstock style sandals are recommended).
 - For dressier evenings, a Bass type loafer or wedge sandal might be in order. Heels tend to get stuck in the bricks of the ancient streets as you take that peaceful stroll.
- **Sunglasses**
- **Money** – The safest way to carry your money is using either credit card or debit card. But make sure to have some cash also.
- **Light Sweater or fleece jacket**
- **Poncho or collapsible umbrella**
- **Night clothes and slippers**
- **Sweatpants** (for lounging around the hotel and going to the vending machine)
- **Small and Comfortable Day bag** (to carry with you throughout the day- no kangaroo pouches, thieves love to eyeball these pouches)

Electronics

- **Digital Camera and rechargeable batteries**

- **SIM Card for digital camera** (with lots of MB for storing pictures)
- **MP3 Player or Headphone device for flight**
- **Journal and Pen**
- **Phone card** (To contact those at home in the states or other countries- you can find good prices on these at wholesale club's like Sam's Club- At& T International and Costco- MCI International)

Extras and Emergencies

- **Small First Aid Kit**
- **Medicines and Vitamins** (keep medicines in the original containers with prescription information on the bottles)
- **Health Insurance Card**
- **Mini- hand sanitizer**
- **Mini-Sewing Kit: safety pins, needle and thread, or buttons**
- **Insect Repellent**
- **For flight: Eye mask** (for blocking unwanted sun) and **neck pillow**
- **Eyeglasses & contact lenses along with solutions for cleansing**
- **One full day of clothes in your carry-on** (in case luggage arrives late)
- **Small roll of tissue** (for places that might not have any. This can be placed in your carry-on, along with any hand wipes or sanitizer wipes that you might want to carry. For daily outings, it would be wise to carry these items in your small day bag).

Documentation

- **Passport holder** (to hold your passport, airline tickets, money card, etc.)
- **Photocopies of your passport** (Keep a copy with someone in the US and a copy with you.)
- **Additional Photo ID** (School ID or Driver's license)