

# Suggested Packing List

## Clothing:

- Underwear
- Socks
- T-shirts/tops
- Pants/shorts
- Sweater/jacket (depending on the weather)
- Sleepwear
- semi formal clothes for church
- Swimsuit (if applicable)

## Footwear:

- Comfortable walking shoes
- Sandals/flip-flops (if applicable)

## Toiletries:

- Toothbrush and toothpaste
- Shampoo and conditioner
- Body wash/soap
- Deodorant
- Razor
- Hairbrush/comb
- Personal hygiene items

## Health and Medications:

- Prescription medications
- Basic first aid kit (bandages, pain relievers, etc.)
- Medication for motion sickness

## Electronics:

- Phone and charger
- Camera and charger
- Travel adapter/converter
- Power bank

## Documents:

- Passport/ID
- Travel itinerary
- Boarding passes
- Insurance information

## Money and Essentials:

- Wallet with cash and cards
- Travel-sized laundry detergent
- Snacks
- Reusable water bottle

## Miscellaneous:

- Sunglasses and/or hat
- Travel pillow
- Notepad and pen
- Book or e-reader
- Toilet seat covers
- Plastic ziplock bags