### ESSENTIALS
- Passport
- Visa
- Money
- Traveler’s checks/Bank card
- Money belt
- Hostelling card
- Health documentation
- Lonely Planet guidebooks & maps
- International Student Card/ID
- Transportation tickets & passes
- Photocopies of all documentation
- Sturdy backpack/luggage
- Day pack
- Travel organizer

### SUNDRIES
- Camera & film
- Pocket knife
- Small flashlight
- Zip lock bags
- Lonely Planet phrasebook
- Collapsible water bottle
- Travel journal
- Alarm watch/clock
- Sewing kit
- Sunglasses
- Hat with a brim
- Knit cap
- Waterproof matches
- First-aid kit
- Energy bars
- Water bottle
- Ear plugs
- Pen, pencil
- Writing pad
- Phone card
- Laundry detergent
- Rain pancho or waterproof jacket
- Swim suit
- Sturdy shoes &/or hiking boots
- Flip-flops (for showers)
- Undergarments

### FIRST-AID KIT
- Antibiotics
- Antihistamine
- Bandages & Band-Aids
- Cold & flu tablets
- Motion sickness medicine
- Regular medications
- Multi-vitamins
- Pepto-bismal or chamomile drops for tummy problems
- Aspirin/ibuprofen
- Calamine lotion or anti-itch cream
- Potable iodine tablets
- Relyhydration Mixture
- Antiseptic
- Throat lozenges
- Antifungal cream

### TOILETRIES
- Sun block
- Insect repellent
- Lip balm
- Kleenex
- Moist toiletries
- Moisturizing lotion
- Toothbrush & toothpaste
- Soap
- Dental floss (also useful for anything that requires string)
- Lightweight towel
- Washcloth
- Contacts & solutions
- Eyeglasses & prescription
- Hairbrush or comb
- Nail clippers
- Contraceptives

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for more expert travel info go to: www.lonelyplanet.com