

## **Packing List**

## Smart Casual \* 90 Days \* All Carry On

Toiletries	Clothing
Toothbrush/paste/floss	Long shorts (1)
Lotions (hand and sun)	Active/jogging/legging pants (1)
Perfume/Cologne/Aftershave travel bottle	Jeans/trousers (3)
Makeup and Colored Chapstick	Long underwear (silk)
Nail clippers/Tweezers	Robe/sleepwear
Deodorant	3 button up sweaters (1 heavy, 2 light)
OTC drugs: aspirin/ibuprofen/cold meds	10 shirts (6 tanks, 3 long sleeve, 1 dressy)
Rx Drugs (+ Cipro if applicable)	Bra (3)
Toiletry tote to hang in shower	Underwear (9)
Compact mirror	Socks (5 pairs)
Hair brush/clips/elastic bands	Dressy Scarves – blue and brown
Trail brush, chips, clastic bands	Belt
Miscellaneous	Swimsuit/sarong
Wilder and Control of the Control of	Sterling Scottevest Jacket (watch for sales)
Passport (w/color copies)/Int'l Drivers License	Fleece vest
Pen/mini notebook	Tiecce vest
Tissues – travel pack size	
Mini umbrella	Electronics
Prescription Glasses/Contacts + spare	Licetonics
Sunglasses	iPhone with Mophie battery
Clothes line and/or bungee cord	USB drive
First Aid Kit + blister care	Tablet
Business cards	Camera and memory cards
Baggies (quart and gallon)	Waterproof case for cell phone
Tide Stick for stains	RFID sleeves
Thermos (water bottle size to fit in backpack)	Adaptor w/ multiple USB ports
Gifts for hosts/classmates/new friends	Digital scale for bags
Gloves/Hat	Digital scale for sugs
Day bag/crossover purse shopping bag	Shoes
Sewing Kit – travel size	
Key ring only with keys for the trip & return	Walkable dressy ankle boots
Small jewelry box with non-flashy jewelry	Flip flop shower shoes
Watch (to avoid pulling out cell phone)	Sturdy Sandals
Locks (suitcase or for hostel/room locker)	Tennis shoes/Hiking boots
Buy Once There (depending on destination)	
Shampoo/Conditioner/Shower Soap	
Make-up remover	



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To Do:	
Check if vaccinations are needed and ask for a Cipro prescription if appropriate	
Travel Insurance info, verify coverage and numbers (medical, dental and auto)	
<u>International Driver's Permit</u> (from AAA)	
Credit Card travel notification & verify if they have foreign or conversion fees so there's no surprises	
<u>Verify if visa needed</u> /take extra photos (photos free with most AAA memberships, and low cost for non-members)	
Make a cell phone plan. Verify your phone in unlocked, check your carrier's international plan, etc.	
Set up debit card to withdraw foreign cash (I set up a travel account separate from my main account, for an extra layer of protection)	
Register itinerary for free with the State Department (for Americans) Caution: don't do this through 3 <sup>rd</sup> parties.	
Plan ahead to order enough prescription meds to cover trip + 30 days.	
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To Save Money:	
Reduce car insurance for cars not being driven to comprehensive for only for @ \$5/month. (covers theft and	
vandalism). Note: Some banks don't allow this if they have a lien on the car	
Turn off/suspend cable and internet	
Cancel/suspend subscriptions ( I found Netflix worked in Spain, but not Hulu), newspapers, magazines, etc.	
Unplug non-essential appliances and lower temperature in the house (but not too low to cause pipe damage).	