

Men's Packing List

Clothes

- 2 pairs of convertible pants that zip off into shorts
 - 1 pair of pants (nicer looking) or jeans
 - 2 short-sleeve t-shirts
 - 2 short-sleeve button up shirts
 - 1 long sleeve button up (nicer looking)
 - 1 lightweight thermal shirt
 - 1 lightweight microfleece
 - 1 lightweight, water-proof/water-resistant jacket with lining
 - 1 pair of hiking/walking shoes
 - 1 pair of flip flops or sandals
 - 1 pair of nice shoes for going out (optional)
 - 4 pairs of underwear
 - 2-3 pairs of socks made of merino wool
 - 1-2 pairs of cotton socks (you may want a pair or two if this is what you're used to)
 - 1 pair of dress socks (optional)
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Women's Packing List

Clothes

- 2 pair pants
 - 1 skort
 - 1 skirt
 - 1 long sleeve shirt (nicer)
 - 1 long sleeve shirt (more comfortable/casual)
 - 1 lightweight thermal shirt
 - 1 lightweight microfleece
 - 1 lightweight, water-proof/water-resistant jacket with lining
 - 2 tank tops
 - 3 t-shirts
 - 1 pair of hiking/walking shoes and/or
 - 1 pair of comfortable slip-ons that could double as nice going out shoes
 - 1-2 pair flip flops or sandals
 - 1 pair of heels/nicer shoes (optional)
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Men/Women Toiletries/First Aid/Misc.

- Soap
- Shampoo
- Deodorant
- Gold Bond
- Band-Aids
- Antiseptic Cream
- Advil/Ibuprofen/Aspirin
- Tums/antacid
- Immodium
- Vitamins
- Condoms
- Birth Control Pills
- Cipro (when traveling long term, ask your doctor for a cipro prescription; it's a basic antibiotic that is useful for stomach ailments should you get one)
- Any other prescription medicine
- Tampons
- Make-up
- Duct Tape
- Leatherman/Small knife
- Copies of passports/credit cards/debit cards
- Sleep Sack
- Travel Pillow

Tech

- iPod
- Laptop/Tablet
- DSLR Camera (if you are not that into photography, then a point and shoot is perfectly fine)
- Point and Shoot Camera
- Phone
- Ereader/books
- External Hard drive
- Chargers for all these gadgets
- Cords to plug any of these into a computer if applicable
- Converters
