



WANDERERS  
COMPASS

# Packing list

## FOR ANY SIZE TRIP-ALL ITEMS

Items below are distributed between checked and carry-on luggage. There is a separate list for which of the items go into a carry-on. Based on the location and time of year, some items on this list will not apply to your travels.

### CLOTHES: choose based on the time of year of travel.

- \_\_\_ Shirts-short and long sleeve (5)
- \_\_\_ Shirdress (1-2)
- \_\_\_ Sweater/Pullover (1-2)
- \_\_\_ Pants - Jeans (1-2) Khaki type (1-2)
- \_\_\_ Leggings, if prefer over pants (3-4)
- \_\_\_ Shorts/Capris/Skort (2)
- \_\_\_ Dress pants (1)
- \_\_\_ Dress suit jacket with tie for men dressy sweater, scarf or shawl for women if planning a formal evening out (verify dress code)
- \_\_\_ Dress (1)
- \_\_\_ Skirt (1-2)
- \_\_\_ Activewear if planning to hike or workout
- \_\_\_ Swimsuit (with cover for women)
- \_\_\_ Sleepwear/Loungewear (2-3)
- \_\_\_ Undergarments fast drying (5)
- \_\_\_ Long thermal underwear (2) (for cold climates)
- \_\_\_ Socks (5)
- \_\_\_ Sturdy Lightweight fleece jacket
- \_\_\_ Rain gear or umbrella
- \_\_\_ Coat (for cold climates)

### FOOTWEAR:

- \_\_\_ Sneakers (dark colors ideal) or good comfortable walking shoes (2 pairs)
- \_\_\_ Casual dress shoes that support walking but can be used for dress-up events
- \_\_\_ Walking sandals
- \_\_\_ Hiking or snow boots if applicable
- \_\_\_ Flip flops
- \_\_\_ Lightweight slipper socks

### ACCESSORIES:

- \_\_\_ Hat
- \_\_\_ Gloves (thinner hi-tech)
- \_\_\_ Scarf (for cold climates)
- \_\_\_ Sunglasses
- \_\_\_ Belt

### TOILETRIES/HYGIENE (TS=TRAVEL SIZE):

- \_\_\_ Full-size toothbrush and toothpaste TS
- \_\_\_ Dental floss/picks TS
- \_\_\_ Listerine TS
- \_\_\_ Razors and shaving gel/cream TS
- \_\_\_ Shampoo and Conditioner TS
- \_\_\_ Hairbrush/Comb
- \_\_\_ Hairstyling products TS (gel, creams, hairspray)
- \_\_\_ Cologne/Fragrance TS
- \_\_\_ Antiperspirant/deodorant TS
- \_\_\_ Gold bond medicated powder TS
- \_\_\_ Body Lotion TS
- \_\_\_ Face scrub and cleansers TS
- \_\_\_ Moisturizing face masks 1 per week
- \_\_\_ Facial care products including eye creams
- \_\_\_ Makeup remover TS
- \_\_\_ Makeup
- \_\_\_ Lip balm (2)
- \_\_\_ Hand moisturizer TS
- \_\_\_ Sunscreen TS unless beach vacation
- \_\_\_ Nail clippers and nail file
- \_\_\_ Tweezer
- \_\_\_ Large Mesh pouches or gallon Ziplock bag to hold toiletries (3)
- \_\_\_ Tissues TS (2)
- \_\_\_ Small Rapid drying towel
- \_\_\_ Foot file
- \_\_\_ Soap in a plastic container
- \_\_\_ Q-tips

### ELECTRONIC SUPPLIES:

- \_\_\_ Smartphone with 2 charging cables
- \_\_\_ USB cables (4)
- \_\_\_ International adapters (6)
- \_\_\_ Headphones
- \_\_\_ Digital Camera/Camera charger/1 Extra battery
- \_\_\_ Tablet or Laptop with charger
- \_\_\_ USB Flash drive
- \_\_\_ SD card for cameras (2)

### ADDITIONAL SUPPLIES:

- Prescription meds in original bottles in a sealable bag/pouch (do NOT ever put in checked luggage)
- Over the counter meds in a sealed Ziploc bag/pouch (See full list below)
- Vitamins sorted in mini baggies
- Small flashlight with fresh batteries
- Notepad, pens, and pencil
- Water Bottle (can be bought after security)
- Travel first aid kit with Neosporin
- Neck pillow (inflatable or memory foam)
- Pressure stockings
- Small daypack
- Travel laundry soap packets in a baggie
- Febreze TS
- 2 packets of tissues
- Ziploc gallon and quart size bags (5)
- Masks: Cloth and disposable (10)
- Disposable gloves in a baggie
- Moleskin for feet
- Collapsible lightweight Walking pole if planning a hiking or long walks
- Lightweight tote bag
- Wine/Bottle opener TSA approved
- Money belt or neck wallet
- Packing tape or duct tape (small roll)
- Small rapid drying towel
- Hand sanitizer larger bottle and some mini bottles
- Disinfecting wipes travel size pack
- Baby wipes travel size
- Earplugs
- Eye mask
- Travel sewing kit with small scissors
- Several pair of reading glasses if needed
- Driving glasses if needed

### MEDICAL SUPPLIES IF DESIRED

- Thermometer
- Pulse Oximeter
- Wrist BP cuff
- Ace bandage
- Extra batteries

### DOCUMENTS/PAPERWORK IN A SEALABLE PROTECTIVE FILE FOLDER:

- Passport
- Global entry card
- Driver license and International driver's license
- Student ID if applicable
- AAA, AARP, Hotel, Hostel, Priority Pass etc Membership/Loyalty Cards
- Debit card
- Credit cards
- Health and travel insurance cards (Have policies available electronically)
- Two extra photos, passport size
- Cash in the currency of country
- Detailed Itinerary
- All travel reservations (flights, train, rental car, car service, hotel, restaurants etc.)
- Travel Emergency contact info along with country info i.e. Wanderers Compass Travel Emergency Card
- Pre-ordered tickets printed for admissions
- Guidebooks and maps
- Two sets of copies of all your documents, credit cards, passport etc. in two sealed envelopes (this also should be saved electronically, and a copy left with someone at home)

### OVER THE COUNTER MEDS (Verify with a physician if contraindicated)

- Ibuprofen
- Tylenol
- Benadryl
- Travel sickness med (Meclizine)
- Tums
- Pepto Bismol chewable
- Alka seltzer
- Anti-diarrhea medicine (Loperamide)
- Hydrocortisone cream
- Sudafed
- Mucus relief (Guaifenesin)
- Acid reducer i.e., Prilosec
- Emergent C, Zinc, Quercetin
- Eye drops
- Throat and cough lozenges
- Nasal Decongestant Spray i.e. Afrin