

Packing List for UC Davis Global Health Foreign Travel

2015

(Does not include personal items including medications)

Clothing	✓	Qty	ITEM	✓	Qty	ITEM
			underwear			Skirts/dresses
			Socks			Sweatshirt/sweater
			Sleepwear			Swim wear
			T shirts			Rainwear
			Dress shirt			Hat
			Causal shirt			Hiking shoes
			Jeans			Water shoes
			Shorts			Jewelry (very minimal)
			Belts			Collapsible tote
			Tie and nice shirt (1)			Underclothing document holder
			Laundry kit			Laundry bag
Toiletries			Tooth brush			Tooth paste
			Sunscreen (lots)			Lotion / moisturizer
			Dental floss			Contact lens solution
			Soap			Shaving supplies
			Deodorant			Make up
			Shampoo/conditioner			Tampons etc.
			Brush/comb			Birth control
			Face stuff			Nail clippers
			Tweezers			Bandages
			First Aide Ointment			Insect repellent/deet
			Medications			Pain relievers
			Vitamins (??)			Easy Dry Towel
			Hand Cleanser			Toilet Paper and/or wet wipes (you never know...)
Misc			Passport			USB memory stick
			Light weight Sleeping Bag			Rain poncho or light rain-proof outerwear
			Cell phone			chargers
			Adapters/converter			Emergency contacts
			Photocopy of passport and medications			Laptop/tablet
			Camera / waterproof case			Binoculars

		Credit cards / ATM		List of medications
		Stethoscope		Sleeping bag (light weight)
		Pillow		Towels
		Food bowls		Flashlight / headlamp
		Batteries		Water treatment kit (iodine)
		Gifts for people (for children and adults)		Duct tape (you never know...!)
		Notebook / pads / pencils		Thermometer
		Travel / tour book		Latex gloves
		Pocket knife or leatherman (pack do not carry on plane)		Ziplock storage bags
		Carabineers		Bungie cords (3)
		Umbrella		Fork/Spoon
Carry on		Books or ebooks (recreation)		Change of clothes
		Cash		Mp3 player
		Snacks		Credit/ATM
		Earbuds/headset		Empty water bottle (fill post security)
		Insurance cards		In flight medications
		Itinerary		Travel pillow
		Valuables		Eye mask/ear plugs
		Camera		Passport and visa
		Address book		Lip balm