



PACKING TIPS

It is much easier to travel when you aren't overwhelmed with luggage to haul around. Getting in and out of airplanes, taxis, trains, and tuk tuks is much easier when you have one backpack and one carry-on suitcase. With this list you can wash once a week and have plenty of clothes to wear. Here are some of my tips to make your traveling easier.

Dress comfortably for the flight. I wear a polo shirt, long pants, socks (because the plane always seems so cold) and one of the 2 pairs of shoes I pack. I also wear a jacket. Wear an inexpensive waterproof jacket. It is lightweight, waterproof, warm and doubles as a pillow on the plane.

IN THE CARRY-ON SUITCASE:

1. Carry a travel towel. They feel strange at first, but you get used to them and they work great. They will dry you off, dry out and pack into a tiny pouch. They are light to carry and small when you pack them. I suggest you buy the x-large towel.
2. Bring a silk bed sheet. They put a barrier between you and the place where you sleep. They are alternately warm and cool at the same time. They are just the right weight to sleep under in warm climates. They pack small and light and they feel so silky to sleep in.
3. 2 pair of shoes. Pack one pair of sandals that can be worn with or without socks. You can wear them wet or dry, in the shower, wading in the water or walking around town. Don't ever bring new shoes! Now is not the time to get blisters. Wear the other pair of comfortable shoes.
4. Swim suit.
5. 2 pair of long pants. I don't recommend denim jeans, they are bulky and heavy to carry. In countries that are warm, they are very hot on your legs. Bring light-weight pants. Or, if you just don't want to travel without having a pair of jeans with you, you can bring one pair of lightweight pants and wear your jeans on the flight (then you don't have to pack them).
6. 2 pair of shorts. Bring shorts that reach your knees. There is nothing worse than being offensive to the culture you are visiting.

7. 1 very lightweight pajama/lounge pant. If you are staying in a hostel, you will probably want to take one of these with you. They roll up small and won't take much space.
8. 3 polo shirts. Polo shirts can be worn in any culture, are modest, comfortable, and are cool enough to wear in hot climates. Or, you can trade one short sleeve polo for a long sleeved shirt. When you send in your non-refundable deposit we will send you a short sleeve polo shirt or t-shirt. You can purchase more from us if you wish.
9. 2 t-shirts. The t-shirts can be worn at night for bed, over the swim suit, or during the day.
10. 6 pair of underwear.
11. 5-6 pair of socks.
12. Hat to shade from the sun.
13. I pack 2 extra bags that have come in very handy many times. One is a day pack that I bought in Japan that is made out of silk. It folds into itself, is sturdy and very lightweight. Instead of this you might want to have a fanny pack or a messenger bag. Bringing only one of those will be adequate. I also found a bag in Walmart that folds compactly and opens into a wonderful bag for carrying large items. I use it when I want to carry something bulky and then when finished, fold it back up and put it in my day pack. In the fanny pack/day pack/messenger bag you will carry hand sanitizer and the Kleenex you brought and your chapstick, map and camera.



Travel bag folded up



Same bag opened-up

IN THE BACKPACK:

1. Carry a travel blanket. Again, they are light to carry and small to pack. They come in so useful in the plane and when you get to your hostel/hotel. Cold in the evening? Wrap them around you while you sit outside at the café.
2. Bring ear buds. You can use them for the airplane movies, your own music or your videos.
3. Health insurance information and emergency contact information. Carry this with you and put it in a place that can be found by someone if you are unable to give it to them. Also include any allergies you have with this information. You might want to laminate it or put it in a plastic page protector so that it lasts through your trip. There is a form on our website that you can fill in and carry with you.
4. Go to a website that will give you exchange rates for currency; we have a link on our website. Print off the chart for exchange rates, laminate it, and carry it with you. It will help you know how much you are spending for an item in a currency that is unfamiliar.

5. **Foreign currency.** Go to your local bank and get some before you leave your country. Never rely on getting some foreign currency when you arrive. You will need it immediately for tips, taxis, food, etc. You can always get more after you are familiar with the area and find a local bank.
6. **Carry a flashlight.** There are many small but powerful flashlights that can be purchased. I carry one in my backpack and one on my keychain.



7. **Camera.** Bring film, discs, or whatever your camera requires. Bring enough to get you through until you learn your way around. There have been times when I thought it would be easy to get the camera supplies I thought I would need, but couldn't find them. Be sure to bring camera batteries or battery charger. If your battery charger is a plug-in, then you will need to bring the next item.
8. **Converter.** Bring a converter that will plug into the wall and charge your electronics.
9. **Put all of your electronics cords, converters, etc. in a plastic gallon zip lock bag.** I even label what is in the bag with a permanent marker on the outside of the bag. Then when I am repacking to go somewhere else, I know instantly whether or not I have left something out.



10. **I also carry 4 extra outlets.** Frequently there is only one plug-in where you want to recharge your electronics. I plug the extension cord into my converter and charge my electronics through the extension. So far, it has worked just fine. I found one at Best Buy that is compact and wraps around and plugs into itself so that it is a small item to carry. Then when you are repacking your backpack, all your electronics are in one place and it will eliminate the possibility that you leave something behind when you forget to check the wall plug on the other side of the room.



11. Travel clock. There are times when you will want to set an alarm. A simple battery operated travel clock will keep you from missing that tour you want to take.
12. Passport/ID
13. Schedule of inoculations. I keep it with my passport. It tells which inoculations I have had and their dates.
14. Prescription medication that you regularly take.
15. Medication for malaria if that is appropriate to the area you are visiting.
16. Extra set of eye glasses
17. Airplane tickets/boarding passes
18. Copies of flight schedules.
19. Confirmation of any hotel reservations.
20. Any travel information you might want to read while you are on those long flights. When I know which area I am traveling to, I sometimes make a copy of those sections of my travel book and take only the copy instead of the entire book. It is not as heavy as the book will be. Also, you can now purchase sections of travel books instead of the entire book.
21. Buy a good map of the area you are going to. The plastic coated maps can take a lot of abuse. The most useful maps are labeled with both your language and the language of the country you are visiting. That way, you can point to a location and the taxi can take you where you want to go.
22. Contact information for person or group you are meeting when you arrive.
23. Pen and small notebook to make note of addresses, contact numbers and names.
24. Fill a prescription from your personal physician for a broad spectrum antibiotic. If you get sick you will already have an antibiotic that works for you. This is especially important if you are allergic to one or more antibiotics.

TOILETRIES IN 4 PLASTIC ZIP LOCK BAGS (in your carry-on or backpack):

1. First plastic bag: Shampoo/body wash in a 3 ounce container. You can use your shampoo for body wash. It works just fine for both. If you want to bring separate soap, there is still plenty of room for a 3 ounce bottle of liquid or a small bar. If you need conditioner, bring a 3 ounce bottle. It will last a long time. Besides, if you run out you can purchase some in most places.
2. Second plastic bag: Take the over-the-counter medicine out of the boxes. Pack one blister pack of each item you want to bring. I suggest a pain reliever like Advil, sinus/cold remedy for day and night, tablets for diarrhea, heartburn medication like Pepcid, some bandaids, a few q-tips, and tampons if you think they might be needed.
3. Next plastic bag: put small hand lotion, eye drops for irritated eyes, Neosporin, a tube of itch relief for insect bites and stings, sun block, insect repellent, chapstick, a small tube of toothpaste, small travel deodorant, razor, and a small hand sanitizer.

4. Last plastic bag: a few safety pins, couple of sewing needles (push them through a piece of paper/cardboard so you can find them), a little bit of thread, tweezers, nail clippers, and an extra shoe lace. Put in some toilet paper/Kleenex, not a full role but enough to keep in your day pack. Also get a pencil and wrap some duct tape around the pencil several times. It is not bulky or heavy, but comes in handy. In this bag I also carry a bottle opener. Roll up some empty zip lock bags and put them in here. They come in handy for all kinds of things.
5. Toothbrush and comb/brush I just drop in the toiletries bag.

All of those items listed above will easily fit in a small pouch.



HAPPY TRAVELS—SEE YOU SOON! SANDY

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