

General Packing List (10 days in-country)

Cloths:

2 pair light weight pants
2 pair wool socks
8 pair socks
10 pair underwear
8 t-shirts
2 formal shirts
Bathing Suit
Beach towel
Comfortable shoes
Sandals
Mesh bag (dirty laundry)
Tooth brush, paste
Sunglasses
Bug net for head
Pocket knife
Wrist Watch
Head Lamp
Light rain jacket/poncho
Belt

Medicine:

Fever Reducers
Pain Killers
Anti-histamines
Malaria Tablets
Bandages/Neosporin
Anti-diarrhea
Sun block (spf 35+)
Deet/Bug repellants
Mole skin
Hand Sanitizer
Personal toiletry kit
Up to date vaccinations

Documents:

Passport & color copy
International Insurance
Journal & pen
Liability forms
Cash
Emergency Credit/Debit card