



...where smart medicine and exotic travel come together

2042 Laurel Valley Drive  
Vernon Hills, IL 60061  
Phone: 877-876-3373  
Fax: 847-680-0484  
[www.medretreat.com](http://www.medretreat.com)

# PACKING LIST

## Essentials

- ◆ Address list and list of important contacts or numbers
- ◆ Backpack, suitcase, sports bag (something to pack everything in)
- ◆ Itinerary
- ◆ Paper or Notebook
- ◆ Passport (check validity!)
- ◆ Pencils, Pens
- ◆ Reading glasses (if necessary)
- ◆ Airline Tickets
- ◆ Visa (if necessary)
- ◆ Travel Insurance

## Finances

- ◆ ATM card (Maestro or Cirrus logos on the back are most widely accepted)
- ◆ Calculator or currency converter
- ◆ Cash in the local currency of your arrival destination
- ◆ Credit card (Visa or Mastercard are most widely accepted)
- ◆ Money belt (You can't be too safe in some places)

## Clothes

- ◆ Bra (sports and regular)
- ◆ Dress shirts
- ◆ Dresses
- ◆ Jeans
- ◆ Jumper, sweater or fleece
- ◆ Light jacket
- ◆ Long sleeve shirts
- ◆ Pants or trousers
- ◆ Pajamas/Sleepwear
- ◆ Sandals, shower shoes, thongs or sandals
- ◆ Shoes
- ◆ Shorts
- ◆ Short sleeve shirts
- ◆ Skirts
- ◆ Sneakers
- ◆ Socks
- ◆ Sweatsuit
- ◆ Swimming gear
- ◆ T-shirts, singlets
- ◆ Underwear

## **Clothes Accessories**

- ◆ A good sun hat
- ◆ Bandana
- ◆ Cotton handkerchief or tissues
- ◆ Raincoat or poncho
- ◆ Safety pins
- ◆ Scarf
- ◆ Sewing kit
- ◆ Sunglasses

## **Toiletries**

- ◆ Anti-bacterial cream
- ◆ Comb or brush
- ◆ Condoms or contraceptive pills
- ◆ Contact lens equipment or glasses
- ◆ Cotton buds
- ◆ Dental floss (also great for fixing things!)
- ◆ Deodorant
- ◆ Earplugs
- ◆ Fingernail clippers
- ◆ Hair products (gel, spray etc.)
- ◆ Lip balm
- ◆ Make-up
- ◆ Mirror
- ◆ Moisturiser (face and body)
- ◆ Nail file
- ◆ Razors
- ◆ Shampoo and conditioner
- ◆ Shaving cream
- ◆ Sleeping pills
- ◆ Soap
- ◆ Sunscreen and after sun cream
- ◆ Talcum/baby powder - Useful against prickly heat, in shoes, on sticky zippers and more
- ◆ Tampons and pads
- ◆ Toothbrush, toothpaste

## **First Aid Kit**

- ◆ Band aids
- ◆ Compression bandages
- ◆ Diarrhoea tablets
- ◆ Gazes
- ◆ Insect and/or mosquito repellent
- ◆ Iodine/hydrogen peroxide
- ◆ Medicines/prescription Drugs
- ◆ Motion sickness tablets
- ◆ Paracetamol, Tylenol etc.
- ◆ Replacement/rehydration salts sachets
- ◆ Small scissors
- ◆ Tweezers
- ◆ Vitamin pills
- ◆ Water purifying tablets

## Other Items

- ◆ Backpack rain cover
- ◆ Batteries
- ◆ Books
- ◆ Camera, film and batteries - Spare flash cards or memory for digital
- ◆ Carbohydrate snacks
- ◆ Chewing gum or mints - Especially if you are flying chewing something will help your ears
- ◆ Diary or organiser
- ◆ Duct tape - Fixes everything!
- ◆ Electrical adapter and plug converter
- ◆ Pack of cards or other recreational items
- ◆ Gifts to doctors and nurses are always appreciated
- ◆ Guidebooks
- ◆ Inflatable travel pillow
- ◆ iPod, MP3 player, Discman etc. - Including music and batteries
- ◆ Laptop
- ◆ Maps (incl. small map of the world to show where you are from)
- ◆ Mobile phone or SIM card
- ◆ Mosquito net
- ◆ Passport photos
- ◆ Phone card - Both for local and international calls
- ◆ Photocopies of important documents in case they are stolen (i.e. - passport)
- ◆ Phrase books or dictionaries
- ◆ Recharger for electrical items
- ◆ Swiss Army knife or Leatherman tool - Don't keep in your carry on as it will be removed
- ◆ Toilet paper
- ◆ Towels, beach and otherwise - the quick drying versions are very handy!
- ◆ Travel alarm clock
- ◆ Watch
- ◆ Wet wipes/Baby wipes - Handy for cleaning hands or washing yourself in absence of a shower
- ◆ Ziplock bags - The freezer ones are usually the best

