

Suggested Packing List To Fly with Hand Luggage Only

These can be packed into a roll-aboard (<http://travelstore.ricksteves.com> recommended) designed according to North American airline carry-on regulations, plus a canvas briefcase (considered a “personal” carry-on item). Before traveling, check online for your airline’s latest regulations.

Avoid jeans and other slow-drying, heavy garments because you will be washing clothes by hand or in a launderette. Warm clothes should be included in all seasons because rainy weather can be cool.

Wear

shirt (long-sleeved)	light cardigan
pair of pants	rainproof jacket
pair of walking/comfortable shoes	scarf and gloves in jacket pockets

Clothing – packed

pair of sandals (weather permitting)	3-5 shirts (long-sleeved can be rolled up into short-sleeved)
pair of shorts (weather permitting)	
2 pairs of pants (one dressy, one casual), belt	
5 pairs of socks (cotton or blend)	5 pairs of underwear (micro-fiber dries quickest)
swimsuit, goggles (packed in a plastic bag)	
1 pair of pajamas	
extra bra	crushable sun hat
warm vest or thermal top	scarves (to wear with clothing or hat)

Toiletries/Medicine/Miscellaneous

In small plastic zip bag

(Readily accessible for inspection, each container under 100 ml.)

Toothpaste	Shaving cream or soap
Shampoo/conditioner	Sunscreen, insect repellent
Lotion	Hand sanitizer
Vaseline (for feet)	

Packed

Prescription drugs – in original container with your name and your doctor's name; write down generic name; liquid prescriptions are exempt from zip bag limit

Toothbrush/ /floss	Nail clippers/file/tweezers
Brush/comb	Alarm clock
Razor (non-electric)/	Sewing kit
First aid kit/moleskin/blister kit	Writing paper
Pepto, Ozonol, Sinutab, ASA, zinc lozenges	Books for reading
Vitamins	Reading glasses,
Tea bags	Spare glasses (or eye prescription)

Cameras and Accessories

- camera
- spare battery and recharger
- power converter and plug converter

Money and Security

Money belt: Passport, plane ticket, debit card, credit cards, rail pass, driver's license (if you're renting a car)

Bring copies of hotel and tour confirmations, Google maps to hotels, country map

Identify your luggage both inside and outside with your name, business address and telephone number and make sure the outside tag is securely fastened to your luggage.

A copy of your itinerary with your business address and your destination should be included in your luggage in the event you and your bags get temporarily separated. This information will help minimize any delay in retrieving lost luggage. Bury copies of your passport, plane ticket, and prescriptions in the bottom of your luggage