

This packing list is geared to backpack style traveling in a warm climate. I'm female, so the list invariably includes feminine hygiene products and makeup and the like. It may seem a little long for someone who professes to "traveling light", but most of the items are small, lightweight and pack neatly.

Clothing	Toileteries	First Aid/Meds	Stuff
3 shirts	toothbrush	hand sanitizer gel	moneybelt/neck wallet
1 tshirt	toothpaste	aloe gel	guidebook
2 pants	bar soap (for body & laundry)	insect repellent (with Deet)	book
1 skirt*	solid shampoo bar	tea tree oil	copies of important documents**
2 tank top/camisole	conditioner	saline nasal mist	passport photos
1 yoga pants	deoderant	Homeoplasmine (or Vaseline)	tissue (Kleenex)
1 Fleece jacket (lightweight)	facial moisturizer	multi-vitamim, vit C, etc.	sunglasses
1 bathing suit	body lotion	baby wet wipes	earplugs
1 beach shorts (nylon)	sunscreen	bandadges/gauze pads	camera and/or other electronics***
4 underwear	razor & blades & blade cover	cotton pads	compact headlamp
2 bras	contact lenses	cotton swabs	digital watch with alarm
2 socks	contact lense solution	small roll of first aid tape	inflatable neck pillow
1 pashmina style shawl	glasses (+spare pair?)	tweezers	silk sleeping sack
1 bandana	lipbalm (with SPF)	small folding scissors	pillow case
1 Sun Hat	makeup (mascara, coverstick, lipgloss)	antacid (roll of Tums)	towel
1 sarong	solid perfume tin (l'Occitane)	ibuprophen (Advil)	notebook +pen(s) + sticky notes
1 hiking boots/walking shoes	tampons/pads/diva cup, etc.	Ciprofloaxacin Hydrochloride (Cipro)	2-3 envelopes & elastics
1 sandals	condoms	Loperamide (Immodium)	small calculator
1 flip flops	dental floss	Rehydration powder packets (Pedialyte)	keychain flashlight
jewely (earrings, bracelet?)	jojoba oil	water purifying tablets	safety whistle
	hair elastics, pins	prescription medication (if applicable)	zip ties
	small mirror	thermometer	padlock and wire kit
	nail clipper	acetaminophen (Tylenol)	small roll of duct tape
	nail file	Diphenhydramine hydrochloride (Benadryl)	sewing kit & safety pins
	comb	Cortisone cream (1%)	3 plastic hangers
			universal sink plug
			door stopper
			small compass
			nylon parachute string/rope
			nylon/mesh bags (organize pack contents)
			ziplock bag(s)
			large garbage bag
			sleeping bag*
			mosquito net*

*optional: depends on the climate, and what I'll be doing. The sleeping bag/mosquito net debate is a long one with as many arguments for packing one as against. As with clothing, consider the climate and where you'll be sleeping.

** make at least a couple of copies of your important documents: passport, credit cards, traveller cheques, travel insurance papers, medical prescriptions, etc. One set to leave at home with a responsible person who can fax them if necessary. The other stashed someplace safe and dry in your pack, separate from the originals.

*** camera and associated cables/chargers/adapters, batteries, mp3 player, etc...cables and other bits I keep tidy in a small plastic container (tupperwear).