

CLOTHING

# TOILETRIES

Facecloth

Body washing scrubber

Body wash or bar soap

Facewash and/or facial cleanser

Shampoo and conditioner

Bath and swimming towels

Personal hygiene products

Toothbrush, toothpaste, floss and mouthwash

Shaving kit

Deodorant

Lip balm with SPF

Makeup

Hair products

Hair brush or comb and hair ties

Sunscreen and face lotion with SPF

#### Nail clippers

## TRAVEL HEALTH

#### Mini first aid kit

Personal prescriptions

Pain and fever relievers

Cold medicines and throat lozenges

Antibacterial ointment

Multivitamins

Sunburn relief

Insect repellent

Allergy medicines

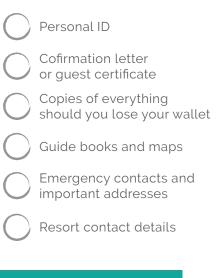
Eye drops

Medical aid card

Medical alert bracelet

OTHER

# TRAVEL DOCS & CASH



### TECHNOLOGY

Cell phone and charger

Laptop, iPad or E-reader and charger(s)

Camera and GoPro/ Video camera

Memory cards and chargers

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