

RLI Backpacking List & Instructions:

- Shirts:** 6-Tees/T-shirts
1 Blouse/Dress Shirt
1-2 Tank top/undershirts
- Pants:** 1-Jeans
1-Light weight pant (*cotton or linen fabric can double as PJ's also*)
1-Cargo pant (*you can also get the ones that zip off to shorts*)
1-Long Skirt (*Ladies*)
- Underwear:** 6-8 Underwear
2-Bras/Sports bra (*Ladies*)
3-4 Socks
- Shoes:** 1 Hiking shoe
1 Sandal (*SLIP RESISTANT is a must!*)
- Jacket:** 1-Long sleeve windbreaker/sweatshirt (*needs to be warm & preferably water proof*)
- Toiletries:** Shampoo & Conditioner (*travel size*)
Washing Soap (*can double for clothes washing soap also*)
Scrubber for washing clothes by hand
Body Spray (*PLEASE!*)
Brush/Comb
Facial soap
Q-Tips (*travel size*)
Razor
Toothbrush & Paste
Contact Solution (*If you wear contacts*)
Hair product/hairspray/gel (*travel size*)
Face towel & Bath towel (*travel size*)
Toilet paper/Wet Wipes(*small amount to get started*)
Hand Sanitizer (*travel size*)
Ladies personal hygiene needs (*including any personal makeup needs*)
- Jewelry:** NO EXPENSIVE/VALUABLE JEWELRY
Simple durable jewelry is ok
- Misc:** Bandana
Headbands (*Ladies*)
Long Scarf (*Ladies*)
Bobbie-pins, hair ties (*Ladies*)
Sunglasses
Flashlight/headlight
Belt (*Men*)
Hat

Medicine: Vitamin C
Tylenol
Cold Medicine
Ibuprofen
Tylenol PM

Electrical: I-pod
Laptop
Headphones
Camera/Video Camera
Universal Power Adaptor
Tripod

Books: Bible
Journal & pen
Fun Novel (*for the many bus rides*)

THIS LIST IS BASED UPON OUR NEEDS DURING THE TRIP AS WELL, SO NOT EVERYTHING LISTED DID WE HAVE BEFORE LEAVING THE STATES.

TIPS:

You want everything to fit in one backpack. A 2nd bag can double as a purse, or daypack for when we make day trips. When packing your clothes you can save LOTS of space by rolling them. For underwear & socks a small mesh bag works best in keeping them organized/compact, and easy to get to. For meds & toiletries you'll want to have zip-lock bags. Airports require them to be sealed in an airtight ziplock bag, and also you'll save yourself alot of hassle with spills.

Items like these can easily be found overseas:

Toiletries:

- Shampoo & Conditioner (*except in Africa!*)
- Sunscreen
- Toilet paper
- Hand Sanitizers
- Wet Wipes
- Female Hygiene needs
- Hairspray/gel
- Soaps & lotions
- Facial soaps
- Scrubber for washing clothes by hand
- Body Spray
- Brush/Comb
- Toothbrush & Paste
- Q-tips

Misc:

- Bandana
- Headbands (*Ladies*)
- Long Scarf (*Ladies*)
- hairties (*Ladies*)
- Sunglasses
- Flashlights
- Scissors
- Batteries
- Books: Journal & pen
- Fun Novel (*Especially in ASIA! Not easy to in Africa tho*)

Jewelry:

There is plenty of Jewelry to be found everywhere you go

Clothes:

American style clothes are easiest to find in Thailand, anywhere else it can be more difficult.

YOU WILL WANT THESE ITEMS BEFORE LEAVING THE COUNTRY:

Meds: Get ALL of your medicines before leaving. It's not easy to find our version of meds overseas.

Clothes: Get good quality shirts, pants, socks & underwear before leaving. These are not so easy to find anywhere else.

Jacket: Get a good rain jacket/sweatshirt. Buses sometimes have AC and can get cold. Also it rains frequently in many places so a waterproof jacket would be great if at all possible. Remember tho, it has to be able to fit in your bag, so something that can

roll up small.

Shoes: It is WORTH getting a good, strong, durable pair of shoes. It's not easy for us Americans to find our size shoe in Asia.

For sandals, get a good comfortable pair that's primarily *slip resistant*. It can rain a lot in many of these places; twice-triple the amount we get during our rainy season in MS, so surfaces are EXTREMELY SLIPPERY, and unless you have slip resistant shoes you will be falling all over the place. Believe me...this is one thing I had to learn the hard way. Hopefully you won't have to.

Electric: A **Universal Power Adapter/Converter** is a must! If you can find one that's all in one, it will save you space, and the hassle with keeping track of all the pieces. They do make them where the adapters also have USB ports which could save you from having to carry different power cables for things that can be charged by USB. Google, "*All In One Universal Power Adapters with USB.*"

Computers/laptops & cameras you'll want to have before leaving States if at all possible. In Thailand however you can buy many types of laptops including MAC & HP, and still camera's are also plentiful there. One perk to buying a laptop & camera overseas is you can get a VAT refund when you fly out of the country (going by land doesn't count). When we spent about \$430 on a new still camera in Thailand, we got about \$40 back in VAT refund. One other perk to buying electronics in Thailand is they also treat you pretty good. They might throw in a case, cleaning kit, screen protectors, memory card, tripod, and charger all together with the deal.

Makeup: Makeup isn't always easy to come by on the other side of the world. If there is a line of makeup that you love, I'd suggest to stock up on it so you can easily go 6-12 months without running out. In Thailand, Singapore, Malaysia, Indonesia, and Delhi India, you can find some of your favorite American brands like L'Oréal & Maybelline..in the big cities, but you'll find that the cost is higher since it's imported, and they might not have everything you'd be looking for.

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