



Packing for Women

What Denise Carried on our 16 month around-the-world Trip

Luggage

- 1 22" Osprey Backpack/Roller Suitcase
(Roomy and rugged)
- 1 nylon shoulder bag
(One zipper broke, but otherwise a good lightweight bag)
- 1 14x14x5 microfiber tote bag
(To be filled and emptied as needed)

Clothing

- 1 pair quality sandals
(Stay in the tropics and they're all the footwear you need)
- 1 pair open-heel closed-toe hiking shoes
(If you hike, you need closed-toe)
- 1 pair flip flops
(So you're not barefoot in the communal shower)
- 1 lightweight, packable, breathable waterproof jacket
(Rain is a fact of life)
- 1 pair fleece glove liners
(Lighter than gloves, but still keeps you're fingers warm)
- 1 pair nylon zip-leg convertible pants
(They scream tourist, but save you weight and dry quickly)
- 3 cotton sundresses
(Light and versatile, one doubles as a nightie)
- 1 calf-length nylon/spandex zipper skirt
(A necessity for mosque and church visits)
- 3 skirts
(They're more comfy than pants)
- 1 long sleeve nylon blouse
- 1 short sleeve nylon blouse
- 3 short sleeve t-shirt
- 2 long sleeve t-shirts
- 5 lightweight cotton tank tops
(For layering and warmth)
- 1 pair pajamas

- 2 bathing suits
- 1 lightweight beach cover-up
- 5 pair cotton briefs
(Wash em at every opportunity so you don't run out, ditto for socks)
- 3 bras
- 1 pair nylon briefs
- 3 pairs of lightweight ankle socks
(Tilley socks are awesome)
- 1 pair compression socks
(So you don't get thrombosis on those long flights)
- 1 zipper t-shirt with hood
(A nod to cooler weather)
- 1 pair cotton leggings
(Ditto)

Packing Items

- 7 nylon and mesh packing cubes and pouches assorted sizes
(Packing cubes make living out of a suitcase much easier)
- 3 nylon 1" compression straps w/buckles various lengths
(Hook stuff together, tie stuff down, double as belts)
- 1 plastic zipper pouch
(For wet stuff)

Toiletries

- 1 8oz bottle sunscreen
(You can find it, but not always when you need it or for a good price)
- 1 shower puff
(Girlie stuff)
- 1 ditty bag: exfoliate, gel cleanser, deodorant, toothbrush, paste, body lotion, radiance fluid, empty spray bottle, dental floss, hair color, cosmetics, nail clipper, dental floss
(Some things you'll find along the way, others you won't)
- 1 shower ditty bag: lotion, shampoo, body soap, razor, conditioner, gel
(Ditto)
- 1 microfiber beach towel w/mesh carrying bag
(The only way to carry a big towel)
- 3 terrycloth "baby" wash cloths
(They're tiny but they work)

Sleep Gear

- 1 100% silk sleep sack
(There are lots of times you'd rather use your sheet than theirs)

Electronics and accessories

- 1 unlocked GSM quad band smartphone w/charger and earbuds
(Phone, camera, Internet, tunes, etc. Swap the chip and it works anywhere)
- 1 laptop computer w/case and power cable
(If you don't truly need one, leave it at home)
- 1 eBook reader w/case, cable, and charger

(eBooks are the only way to go when on the road, and easier to read than on your phone)

Security Items

- 3 combination mini padlocks
(You'll use them constantly)
- 1 6ft computer security cable w/nylon zipper case
(If you brought your computer, you can lock it to the toilet)
- 1 security wrist pocket
(Handy and inconspicuous)
- 1 security bra pocket
(Ya wanta hide the cash)
- 1 security waist pocket
(Ditto)

Personal Items

- 1 travel umbrella
(So you don't have to interrupt your stroll)
- 1 pair reader sunglasses w/case
(If you're a certain age, they're the bomb on the beach)
- 1 pair reading glasses w/cases
- 1 pair sunglasses with case
- 1 3oz bottle hand sanitizer
(Use it)
- 1 1oz bottle 100% Deet
(On the road 100% is hard to find, and 3% doesn't cut it)
- 1 digital alarm clock
(Backup for those early departures)
- 8 noise reduction ear plugs
(Sleep when and where you want to)
- 1 eye mask
(Ditto)
- 1 plastic spork
(For those al fresco meals)
- 1 pack post-it notes
- 3 pens and pencils
- 1 pack tissue
- 1 coin purse
- 1 nylon mini shopping bag w/carabiner
(Squishes down to a golf ball, expands to carry all your purchases)
- 1 lip protectant
(Soft kissable lips)
- 1 package moist wipes
- 2 pair earrings

Misc

- 2 LED micro lights w/ carbiners
(Photon Micro Lights are the bomb)
- 1 Swiss army knife
(Yeah, we've still got the toothpick)

- 1 butane lighter
(Candles, incense, stoves, oh my!)
- 1 mini sewing kit
(You'll use it)
- 1 Laundry ditty bag: soap, clothes pins, clothes line, shout wipes
(Rinse the underwear, wash the socks and t-shirts, get out the stains)
- 1 round flat rubber drain stopper
(You'll use it again and again)
- 2 plastic inflatable hangers
(Lightweight and holds shirts and blouses open so they dry quickly)
- 10 safety pins assorted sizes
(A million and one uses)

Health and Medical

- 2 envelopes with Rx copies
(If they ask, you what to have them!)
- 2 icy-hot patches
(For those two really bad days)
- 2 pair surgical gloves
(Sooner or later you'll want to pick up something icky)
- 1 assorted over-the-counter medications: aspirin, Excedrin, pink bismuth, anti-gas tabs, Tylenol PM, Tylenol, allergy pills, antacid, milk of magnesia tabs, naproxen, anti-itch crème, artificial tears, Alka-seltzer, Zicam swabs, Neosporin, throat lozenges
(You'll use every one of them and wish you'd brought more)
- 1 three month supply multi-vitamins
(Gotta keep up your strength)
- 1 assorted prescription medications in original bottles or in packets with pharmacy printed labels: anti-malarial pills, anti-diarrhea pills, pain killers, and daily meds
(If you need them, or think you might, bring them from home!)
- 1 assorted first-aid items: band-aids, moleskin, sterile pads, blister pads, alcohol preps
(There are always ouchies)

HAPPY TRAILS ON YOUR JOURNEY



Boomers Away; Travels at the Edge of the Comfort Zone



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