



Packing for Men

What Don carried on our 16 month around-the-world Trip

Luggage

- 1 North Face Backpack/Roller Suitcase
(The daypack zipper broke and screws worked loose, but oh well)
- 1 PacSafe Shoulder Bag
(Internal wire mesh for security)

Clothing

- 1 pair Chaco sandals
(Chacos are awesome. Stay in the tropics and they're all you need)
- 1 pair Keen 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 they save you weight and dry quickly)
- 1 pair cotton zip-leg convertible pants
(Ditto, except they don't dry as fast)
- 1 pair lightweight nylon warm up pants
(Lounge wear or casual street clothes when the zip-offs are in the wash)
- 1 rayon Hawaiian shirt
(Come on, ya gotta take at least one)
- 1 cotton short sleeve sport shirt
(For when you need to spiff-up a little)
- 1 cotton long sleeve "fishing" shirt
(Breathes and has lots of pockets)
- 1 polyester long sleeve outdoor shirt
(Dries quickly)
- 2 plain cotton t-shirts
(Who knew dark green reminds everyone in Turkey of their army service)
- 1 sleeveless cotton t-shirt
(For those too-warm-for-sleeves days)

- 2 cotton undershirts
(Rinse these and go longer between outerwear washes)
- 1 pair boxer style pajama shorts
(Doubles as lounge wear)
- 1 bathing suit
(Take a Speedo and you can pass for Eastern European)
- 1 pair nylon gym shorts
(More lounge wear or another bathing suit)
- 4 pairs of cotton briefs
(Wash em at every opportunity so you don't run out, ditto for socks)
- 3 pairs of Tilley ankle socks
(Tilley socks are awesome)
- 1 pair compression socks
(So you don't get thrombosis on those long flights)
- 1 nylon long sleeve pullover turtle neck undershirt
(A nod to cooler weather)
- 1 nylon breathable waterproof poncho
(For that tropical monsoon)
- 1 cotton baseball cap
(Doesn't every tourist rock one?)

Packing Items

- 5 nylon and mesh packing cubes and pouches assorted sizes
(Packing cubes make living out of a suitcase more bearable)
- 2 16" compression sacks for sleep sacks
(you want to squeeze everything as small as possible)
- 8 nylon 1" compression straps w/buckles various lengths
(Hook stuff together, tie stuff down, double for belts. You will use them all.)
- 6 Velcro straps
(To tame all those charger and USB cables)
- 4 nylon stuff sacks assorted sizes
(More compartmentalization)
- 1 small zippered nylon pouch
(For those small loose items)

Toiletries

- 1 8oz bottle sunscreen
(You can find it, but not always when you need it or for a good price)
- 1 med. Ditty bag with razors, toothbrush, nail clippers, etc
(Good razors are hard to find.)
- 1 microfiber beach towel w/mesh carrying bag
(The only way to carry a big towel)
- 2 terrycloth "baby" wash cloths
(They're tiny but they work)
- 1 roll toilet paper
(Yes, you'll find it along the way; just maybe not when you really need it!)

Sleep Gear

- 1 100% silk sleepsack
(There a lots of times you'd rather use your sheet than theirs)
- 2 REI travel sack/sleeping bag liners 55 degrees
(Not quite a sleeping bag, but you'll be glad you brought it)

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 eBook reader w/case, cable, and charger
(eBooks are the only way to go when on the road)
- 1 battery-powered mini-speaker
(For those in-room house parties)
- 1 digital camera w/USB cable, mini tripod, and extra memory cards
(Can't take over 7,500 pictures without one)
- 1 8 GB USB drive with military grade encryption
(More or less safe way to carry important documents)
- 16 batteries AA and AAA
(You can buy AA and AAA batteries all over the world; stick to devices that use them)
- 1 set of international plug adapters
(Indispensible)
- 1 CPAP w/carrying case
(If ya need it, ya need it)
- 1 lithium CPAP battery FAA approved
(For those inevitable power outages)
- 1 16' extension cord
(Because the wall socket won't be near by)

Security Items

- 3 combination mini padlocks
(You'll use them constantly)
- 1 6' braided steel security cable
(So you can lock stuff to the bed frame)
- 1 Kryptonite retractable cable ski lock
(Ditto)
- 2 security wallets
(Ya wanta hide the cash)

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)
- 3 pair reading glasses w/cases
(Because I'm always breaking mine)
- 1 pair sunglasses with case
(Cheap, I broke 4 pairs)
- 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)
- 8 noise reduction ear plugs
(Sleep when and where you want to)
- 1 eye mask
(Ditto)
- 1 three piece cutlery set
(Put the butter knife in your luggage or some airport guy will take it away)
- 2 ball point pens
- 2 small spiral notebooks
(Be ready when inspiration strikes)
- 1 zippered nylon document pouch
(Handy for plane tickets, maps, etc)
- 1 nylon mini shopping bag w/carabiner
(Squishes down to a golf ball, expands to carry all your purchases)
- 1 aluminum water bottle w/carabiner
(Refill it often)

Misc

- 1 LED headlamp
(For reading in bed and really dark nights)
- 2 LED micro lights w/ carbiners
(Photon Micro Lights are the bomb)
- 1 leatherman tool
(You'll use the pliers)
- 1 leatherman micra tool
(Ditto for the little sissors)
- 2 butane lighters
(Candles, incense, stoves, oh my!)
- 1 mini sewing kit
(You'll use it)
- 2 aluminum carbiners 3"
(Lots of uses)
- 2 mini bungee straps
(Ditto)
- 20 ft braided nylon rope
(Come on, if you're a guy, you gotta have some rope!)
- 1 tube superglue
(Fix stuff, glue torn clothes, close cuts, don't leave home without it)
- 1 roll clear tape
(Another fixer-upper)

Health and Medical

- 4 surgical masks
(Smog, disease, if you need em, you'll be glad ya got em)
- 1 pair anti-seasickness wrist bands
(It's the thought that counts)
- 1 backpacking style first-aid kit
(Be Prepared)

HAPPY TRAILS ON YOUR JOURNEY



Boomers Away; Travels at the Edge of the Comfort Zone



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