Essentials To Pack

Clothing	
	Shirts and blouses (it's fairly easy to purchase replacements along the way)
	Pants (all-cotton, wrinkle-free)
	Sweater / sweatshirt (to layer over shirts and blouses)
	Turtleneck (a layer for cold weather)
	Underwear & socks (can be washed and dried overnight in hotel laundry or in room sink)
	Raincoat or windbreaker
	Walking shoes (comfortable, durable and broken in)
	Rubber-soled shoes (for cruises/pools/spas)
	Swimsuit
	Hat (keeps the sun out or head warm)
Accessories & Gadgets	
	Towel (optional)
	Umbrella
	Small Flashlight
	Small Binocular
	Camera / camera batteries
	Film
	Swiss army knife (in checked luggage only)
	Pocket calculator (calculate exchange rate on purchases)
	Clock or watch with alarm
	Ziploc bags (handy, versatile, and good for wet swimsuit, medication, and dirty laundry)
	Duct tape (come in handy if the handle of your suitcase snaps)
	Combination lock (your checked baggage must be locked during transportation)
	Adaptor and converter (optional, available at most hotel housekeeping)
	Powdered detergent (for doing your own laundry)
	Sewing kit (optional, readily available in hotel room)
Medicines & Cosmetics	
	Your medication supplies should last the entire trip
	Prescriptions
	Aspirin / cold pills
	Imodium™ (a must – for treating diarrhea)
	First Aid Kit with Band Aides
	Sterile syringe (in case medical injection is required)
	Moist towelettes
	Spare eyeglasses / Contact lens supplies
	Insect Repellent (a must for summer travel)
	Suntan Lotion (a must for summer travel)
	Fingernail Clippers / Nail File (in checked luggage only)
	Sunglass / Sun-visor
Other Personal Items	