

# Basics for X Days

## Documents

- ☐ ID
- ☐ Credit Cards
- ☐ Health Insurance Card
- ☐ Airline/Hotel membership cards  
(digital versions available for most)

## Clothing

- ☐ X shirts
- ☐ X/2 pants, shorts, & skirts\* + belt if needed
- ☐ X/3 PJs
- ☐ 1 Sweater/week
- ☐ X+1 pairs of underwear
- ☐ 1 pair of walking shoes (sneakers, flats, or flip-flops based on environment)
- ☐ X+1 pairs of socks if needed
- ☐ X/2 bras\*

## Electronics

- ☐ Computer + charger
- ☐ Phone + USB charging cable
- ☐ eReader (kindle/tablet) + charger
- ☐ Digital camera + lenses + charger
- ☐ Headphones

## Toiletries

- ☐ Comb
- ☐ Hair ties\*
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Floss
- ☐ Mini mouthwash
- ☐ Deodorant
- ☐ Glasses + case
- ☐ Sunglasses + case
- ☐ Contacts + case + solution
- ☐ Razor
- ☐ Shaving cream
- ☐ Band-aids + basic first aid
- ☐ Tweezers
- ☐ Nail clippers + file
- ☐ Pain killer (ibuprofen, advil, etc)
- ☐ Medication
- ☐ Diarrhea treatment of choice
- ☐ Infection treatment of choice

## Makeup\*

- ☐ Foundation
- ☐ Concealer
- ☐ Powder
- ☐ Blush
- ☐ Eye shadow
- ☐ Mascara
- ☐ Lipstick

## Jewelry\*

- ☐ Earrings
- ☐ Watch
- ☐ Necklace
- ☐ Ring(s)
- ☐ Bracelet

\*gentlemen, you can ignore these

