

Men's 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
- ☐ 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

Electronics

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

Toiletries

- ☐ Comb
- ☐ 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

Accessories

- ☐ Watch
- ☐ Belt

