Carry-On Bag

- Follow all TSA guidelines for carry-on bags
- Pack as much of your personal gear as possible in your carry-on to avoid lost needed items
- Clothing
- Toiletries
- Phone, other electronics, charging cords
- Medications (prescription and over the counter)
- E-Tickets and domestic hotel information
- Copy of passport and driver’s license (kept separate from your passport)
- Emergency contact information
- IMR Departure Packet customs forms and customs form page
- Pen for filling out customs forms
- International calling card/text or data plan or an unlocked, international phone (with international SIM card)
- Credit cards, cash (limited quantities)
- Tip: Carry a little used credit card to limit loss if the card is lost or stolen
- Snacks, water for plane (purchase after going through TSA)
- Books (if desired)
- Money belt for passport – waist, neck, or calf
- Ear plugs (if desired)
- A low-dose aspirin for blood clot prevention on airplane (as recommended by your doctor)

Trip Dependent

- Sleep bag and pad
- Tent
- Mosquito Net
- Sleep Sack