

## Travel Packing List

### Clothing

If you are staying in one place for a week or more you have the option on buying bright, patterned fabrics and having a tailor make you a few skirts (shirts,dresses or pants).

*\* indicates quick-dry or fabrics that dry quickly are best for the humidity; not a must but it will make the trip easier*

<b>3-5 pairs underwear*</b>	<b>1 nicer <span style="color: red;">dress</span> and sandals</b> for evenings out in bigger cities (Senegal, Marrakech, etc)
<b>1-2 bras</b> (if you desire you can go bra-less)	<b>1 swimsuit</b>
<b>2-3 long skirts</b> (flowy and loose are most comfortable, they could also be mid-calf to just below knee length if you don't mind showing your legs and are in a less conservative country)	<b>1 pair of <span style="color: red;">shorts</span></b> for the beach/pool
<b>1-2 pairs pants/capris*</b>	<b>1 pair sturdy flip-flops</b> for bathing
<b>5-7 short-sleeved or tank tops*</b>	<b>1 pair <span style="color: red;">Chaco</span>/Teva type sandal</b> for walking around (keeps your feet a little cleaner than flip-flops in the dirt/mud you will inevitably walk in)
<b>1 long-sleeved cover-up</b> (think loose, flowy beach coverup, good for the beach, when walking around or protection from mosquitos)	<b>1 pair hiking shoes</b> if you are trekking/hiking and 2-4 pairs associated socks*
<i>****3-5 long summer dresses in place of skirt/top combo, in place of pants if you are not <span style="color: red;">trekking</span>/hiking and are more comfortable in dresses when hot.</i>	<b>1 wide-brimmed hat</b>
	<b>Sunglasses</b>
	<b>Lightweight <span style="color: red;">scarf</span></b> (if you get cold or to cover your head)

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## Toiletries

<b>Sunscreen</b> (the higher the SPF the better)
<b>Bug repellent</b> (the higher Deet percentages work best, like Off for the Deep woods types)
<b>Itch relief cream</b>
<b>Antihistamines</b> (I am quite allergic to mosquito bites and would be miserable without this)
<b>Toilet paper</b> (quality tp is hard to find and many in W. Africa use water rather than tp)

<b>Hand sanitizer</b> (washing hands with soap can be difficult, the cleanliness of water is not guaranteed)
<b>Soap</b>
<b>Shampoo/conditioner</b>
<b>Razor</b> (if you must but hair helps deter mosquitos)
<b>Diva cup/tampons</b> (may not be available in country)
<b>Hair ties</b>
<b>Bandana</b>

## Misc

Unless you buy exclusively bottled water (not guaranteed to be available in smaller villages) you'll need a **water filter or water purifying tabs**

<b>Nalgene type bottle</b>
<b>Camera</b>
<b>Headlamp</b>
<b>E-reader/books</b>

<b>iPod/iPhone/laptop</b> if you must keep in touch via wifi
<b>Chargers</b>
<b>Adapter/converter</b>

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