

Backpack Packing List for International Trips



Are you a light packer? Or do you stuff way too many items into your suitcase and check too many bags, only to realize you did not need half the things you packed?

Take your next international trip using only a backpack and small personal bag using this packing list from an Unto™ intern who mastered the art of packing lightly for a 10-day humanitarian trip to Africa.

Luggage

- Personal tote bag (13"x11"x5")
- Passport holder
- Backpack (28 to 30 liters)
- Pencil case for toiletries

Toiletries (travel - sized when possible)

- Toothbrush and Toothpaste
- Hand sanitizer
- Lip balm
- Hand lotion and Facial moisturizer
- Hairbrush
- Hair accessories (ponytail holder, bobby pins)
- Shampoo bar
- Wet wipes
- Towel
- Loofah
- Toilet paper (cardboard roll removed, flattened)
- Glasses and case
- Contact solution and case

Clothing

- Warm socks
- 4 skirts/pants
- 5 shirts
- Light sleep pants and shirt
- Underwear
- Sunglasses
- Flip flops for shower
- Outdoor sandals
- Sneakers (wear during travel rather than packing)

Hygiene & Medication

- Laundry bar soap
- Bug repellent wipes
- Malaria medication and "just-in-case" medications (Imodium, Dramamine, and hydrocortisone cream)

Electronics

- Cell phone
- Earbuds
- Pre-downloaded shows from a streaming service
- Outlet adapter
- Phone charger

Food

- Water bottle (empty, with snacks inside)
- Chamomile tea bags
- Canned tuna

Other Essentials

- Travel pillow (inflatable saves space)
- Earplugs
- Bible
- Journal
- Pens
- Laundry bag
- Card game
- Gift for hosts/mission field partners (a hat and small notebook set)
- Mission trip packet
- Copy of itinerary
- Passport

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