

Example Packing List

for an Education PCV in Nepal

**In the lines provided you can write down the brand/color/size of the items
in case they are lost or stolen during your travels**

Disclaimer - your list will definitely be different

1. School Clothes

PANTS (2) _____

LONG SLEEVE SHIRT _____

SHORT SLEEVE SHIRT (2) _____

SHOES _____

SOCKS (3) _____

belt _____

face mask _____

2. Leisure Clothes

long pants _____

casual pants _____

sweatpants _____

T-SHIRT (2) _____

long sleeve shirt (2) _____

SHORTS _____

UNDERWEAR (3 pair) _____

LONG UNDERWEAR _____

SANDALS _____

3. Outerwear

- JACKET _____
- SWEATER _____
- WINDBREAKER _____
- VEST _____
- HAT _____
- CAP _____
- raincoat _____
- umbrella _____
- _____
- _____
- _____
- _____

4. Personal Items

- WATER-BOTTLE _____
- SUNGLASSES _____
- glasses _____
- WATCH _____
- LARGE TOWEL _____
- SMALL TOWEL _____
- wash rag (2) _____
- soap dish _____
- razor & extra blades _____
- electric razor _____
- small mirror _____
- SKIN LOTION _____
- TOOTHBRUSH, TOOTHPASTE & dental floss _____
- NAIL CLIPPERS _____
- PUMICE STONE _____

4. Personal Items (continued)

- health items (not provided by PC):
 - _____
 - _____
- electric hair clippers _____
- POCKET KNIFE _____
- small first aid bag _____
- BANDANAS (2) _____
- booties _____
- GLOVES _____
- EARPLUGS _____
- _____
- _____
- _____
- _____

5. Miscellaneous

- HEADLAMP _____
- FLASHLIGHT/lantern _____
- DIY Repair Kit _____
 - safety pins (large & small) _____
 - parachute cord (for clothes lines) _____
 - DUCT TAPE _____
 - tape measure _____
 - shoelaces _____
 - Super Glue _____
 - _____
 - _____
- rag (2): to wipe up spills and clean dirty surfaces and objects _____
- clothes pins (for laundry) _____
- _____
- _____

6. Bedding

- cotton sheet & pillowcase _____
- blanket _____
- travel pillow _____
- _____
- _____

7. Bags

- DAYPACK _____
- carry-on bag _____
- duffel (2 if needed) _____
- packing cubes _____
- COMBINATION LOCKS (2) _____
- _____

8. Electronics

- laptop _____
- tablet & stylus or Kindle _____
- external HD/SSD _____
- smartphone _____
- power-bank (2) _____
- surge protector _____
- headphones or earbuds _____
- cable organizer _____
 - cables _____
 - cables _____
 - cables _____
 - alcohol pads _____
 - screen cleaning cloths _____
 - flash thumb drives (x2) _____
- RECHARGABLE BATTERIES & charger _____
- _____

9. School Supplies

- pens + refills _____
- pencils _____
- pencil case _____
- ruler _____
- mini stapler + staples _____
- glue stick (2) _____
- binder clips (assorted sizes) _____
- hole punch _____
- scissors _____
- box cutter (retractable) _____
- erasers _____
- Sharpie _____
- clear tape holder & refills _____
- pencil sharpeners (x2) _____
- rubber bands - I used rubber hair bands instead and they worked great _____
- mini-flashlight _____
- _____
- _____
- _____

10. GIFTS for Host Families

- _____
- _____
- _____
- _____

Other Activities

Exercise

yoga mat _____

mini-resistance bands (set of 4) _____

Running

tech-T, sleeveless (2) _____

tech-T, long sleeve _____

shorts (2) _____

shoes _____

SOCKS (3 pair) _____

hat _____

water-bottle _____

GPS watch _____

Biking

bike shorts _____

glue-less patch kits or regular patch kits _____

spare mountain bike inner tube _____

small bike pump (bring needles to pump up volleyballs at school) _____

bike tools

tire levers (for repairing inner tubes) _____

wire cutters (for changing brake and derailleur cables) _____

bike multitool (with various hex key wrenches) _____

small crescent wrench _____

small vice-grips _____
