

Her Pack

- 1 backpack
- 1 small day pack
- 1-2 compression sacks
- 1 fleece sweater
- 1 pair of hiking boots
- 1 top layer rain coat
- 1 scarf
- 1 pair gloves
- 1 beanie/hat/ head wrap
- 1 pair of flip flops
- 1 pair closed toe sandals/other sensible shoe
- 1 microfiber towel
- 1-2 dresses
- 1 bathing suit
- 1 bathing Suit cover-up
- 3 stretchy activewear pants or leggings/tights
- 3 tank tops
- 1 thermal shirt
- 1 thermal pant
- 4 t-shirts (including 1 "fancy" one)
- 1 long sleeve top (quick dry)
- 1 skirt (all weather/purpose)
- 1 khaki short
- 1 multipurpose beach cover/beach blanket
- 6-8 pairs of underwear
- 3-4 pairs of socks (some wool)
- 3 bras (1 black, 1 white, 1 sports bra)
- 1 pair of jeans
- toiletries + makeup of choice

His Pack

- 1 backpack
- 2-3 packing cubes
- 1 pair of hiking Boots
- 1 pair of flip flops
- 1 pair of sandals (i.e. Keen)
- 1 multipurpose beach towel/ blanket
- 5 t-shirts
- 1 quick dry long sleeve shirt
- 1 "fancy" button down shirt
- 1 polo shirt
- 1 cotton sweater
- 1 down sweater
- 1 thermal pant
- 1 thermal shirt
- 1 cotton shorts
- 1 pajama shorts
- 1 pair of gloves
- 1 beanie
- 1 scarf
- 2 swim trunks
- 1 "all weather"/water resistant pair of pants
- 1 pair of jeans
- 1 cotton sweat pants
- 1 pair of linen pants
- 6-7 underwear
- 3-4 pairs of socks (some wool)
- 1 microfiber towel
- toiletries of choice



PACKING LIST

SOUTH AMERICA

Essentials

- passports along with copies + any important documents (visas, vaccine records etc.)
- power converter
- first Aid Kit (including medicine, bandages, antibiotic ointment, Benadryl cream (for bug bites), bug spray, sun block etc.)
- multitool
- locks and S-Biners for bags
- some local currency of the first country you're visiting
- a roll of toilet paper (you know you're going to need it at the most inopportune time!)
- travel Insurance

Electronics

- unlocked cellphones + chargers
- camera of choice (GoPro, DSLR, point & shoot etc.)
- laptop or tablet w/ chargers
- lightweight external hard drive
- solar lamp, solar charger, portable charger

Etc.

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