



## The Gourmet Safari Complete Men's & Women's Essential Packing Checklist.

You won't forget a thing with this list!

- TICKETS:** Plane & Travel Documents (bring confirmation numbers and photo ID and credit card used for purchase)
- MONEY:** Credit Card/Travellers Cheques/Foreign Currency/ATM/Debit Card
- ID:** Driver's License/Passport/Visa's (Make 2 photocopies of all important documents and leave 1 behind)
- CARDS:** Medical Record/Insurance Card/Long Distance Calling Card/Air/Car/Hotel Cards and Frequent Flyer Numbers
- ELECTRONICS:** Portable CD Player/CD's/International Adapters & Converters
- KEEP IN TOUCH:** Cell Phone/Address Book
- FOR MEMORIES:** Camera/Camcorder/Film/Batteries
- READING MATERIALS:** Glasses/Guide Books/Maps/Books/Magazines/Newspaper
- SNACKS:** Bottled Water/Fruit/Nuts/Energy Bar/Gum/Mints/Candy
- AIRPLANE AMMENITIES:** Ear Plugs/Eye Mask/Inflatable Pillow
- MEDICINE KIT:** Prescriptions/Vitamins/Thermometer/Band-Aids/Motion Sickness Pills/Head-ache Pills/Cough Drops & Medicine/Kleenex/Lip Balm/Antacid/Eye Drops (always pack medicine in your carry-on luggage)

### Toiletries:

(Best to bring travel size and wrap in plastic to prevent leakage)

- MOUTH:** Toothbrush and Paste/Floss/Mouth Wash
- HAIR:** Brush/Comb/Gel/Mousse/Razor & Blades/Shave Cream/Hair Dryer (with adaptor)/Curling Iron/Hair Spray/Hair Rollers/Hairclips/Bobby Pins/Elastic Bands
- SHOWER:** Shampoo/Conditioner/Soap/Shower Gel/Body Brush/Loofah
- BATH:** Bubble Bath/Bubble Beads or Salts/Candles
- PROTECTION:** Face/Body Sunscreen/Condoms/Anti Bacterial Hand Sanitizer/Lip Balm/Sunglasses
- BODY:** Deodorant/Lotion/Cologne or Perfume/Nail File/Q-Tips/Nail File/Nail Polish & Remover/Sanitary Napkins or Tampons/Contact Lenses/Contact Lens Holder & Solution
- FACIAL PRODUCTS:** Make-up Remover/Facial Cleansers/Toner/Moisturizer/Eye Cream
- COSMETICS:** Foundation/Compact/Powder Blush/Eye Shadow/Mascara/Concealer/Lip Stick/Lip Liner/ Lip & Eye Pencil Sharpener/Tweezers/Sponges/Brushes

### Clothes:

(Want clothes less wrinkled? Wrap individually in dry cleaning bags and try rolling them.)

We recommend casual, comfortable outfits with COMFORTABLE shoes for walking and for standing during class.

Dress for the week is generally casual, although you may wish to pack a few more dressy outfits for dinner and meals out.

Unless it's indicated that aprons are included, if you would like to wear an apron in class, please bring one.

- SHIRTS:** T-Shirts/Long Sleeve/Short Sleeve Dress Shirts/Sweat Shirts/Turtle Neck/Tank Tops
- PANTS:** Dress Pants/Slacks/Corduroys or Khakis/Capris/Sweat Pants
- SHOES:** Comfortable Walking & Cooking Shoes/Dress Shoes/Running Shoes/Flip Flops/Sandals/High Heeled & Flats/Boots (Wrap Shoes in Plastic)
- DRESS UP:** Blazer Jacket and/or Suit/Dress/Skirt/Blouse
- UNDERWEAR:** Socks/Boxers/Briefs/Panties/Slips/Lingerie/Bra's/Pantyhose
- ACCESSORIES:** Ties/Belts/Jewelry/Handbags/Safety Pins
- SUMMER:** Shorts/Swim Suit/Bikini/Towels/Hat/Sunglasses/Flip Flops
- WINTER:** Hats Gloves/Mittens/Scarf/Ski Jacket/Long Underwear/Sweater
- BAD WEATHER:** Umbrella/Rain Coat/Jacket/Poncho
- GYM CLOTHES:** Shorts/T-Shirts/Socks/Running Shoes/Hair Clip
- APPETITE FOR ADVENTURE!**