**Europe Backpacking Guide for Men**

 7 days worth of underwear

 3-4- Pairs of shorts

 1-2 – pairs of jeans

 1 Sweaters/Fleece – dark colors (if you get a stain no one can see it)

 5+ short sleeve shirts. I stick to darker colors.

 1-2 long sleeve (light) you can always layer these under or over the short sleeve depending on the weather.

 1 (instead of long sleeve) Also the light pull over jackets (sport ones that I wear, champion from target.) Work best for me because they are light, dry fast, and you can take them off if you get hot.

 1 foldable rain jacket

 6 pairs of socks

 Something to sleep in

 2 pairs of shoes/tennis shoes or tennis/walking shoes ( VERY COMFORTABLE ONES YOU CAN WALK MANY MILES IN. One pair that is water resistant better.

 1 pair of shower flip flops or slides(old navy $3.50) You can also wear them around when you don’t want to wear shoes.

 Put your clothes in the Ziploc space bags the ones that do not require a vacuum. It help protects your clothes and saves space 

 I try to stick to dri-fit clothing. Dries fast and can be both cool and warm.

 YOU WANT TO PACK FOR 6-7DAYS. Remember you can wear jeans more than once and you can do some laundry in the sink.

 Shampoo and conditioner

 Soap

 Toothbrush

 Toothpaste

 Deodorant

 Dental floss

 Razor/Shaving Cream

 Bring some sandwich bags for left over food and a plastic bag or two in case clothes get wet.