

Packing Checklist

Before You Go:

- Passport (check expiration date)
 - Visas (if required)
 - Travel Insurance Policy
 - Health Documentation (vaccine, diabetic, etc.)
 - Money – Small denominations in local currency for tips plus: Credit Card, Backup Credit Card, ATM Card, Foreign Currency, US Cash. (Visa/MC widely accepted. Discover/AMEX not as widely accepted, so bring backup)
 - Notify banks/credit cards of travel
 - Air Tickets (check that name matches passport)
 - Driver's License (if renting a car)
 - Stop mail www.usps.com
 - Get international phone/data plan
 - Print/Store Emergency Information (itinerary, medical, insurance, emergency contacts)
 - Photocopies of Important Documents: Passports, Itinerary, Confirmations, etc. *It is a good idea to email these to yourself so that you could access them via the internet in case you lose them while traveling.*
 - Check your destinations
- <https://travel.state.gov/content/travel.html>

Health Care Needs:

- Hand Sanitizer (gel or towelettes)
- Cold/Allergy Medicine
- Prescriptions (in original packaging)
- Motion Sickness Meds/Patch/Bands
- First Aid Kit: Band Aids, Antibiotic Cream, Advil/Tylenol/Aspirin, tweezers, etc.
- Sunscreen
- Lip Balm
- Feminine hygiene products
- Vitamins
- Pack of tissue

For the Plane:

- Small Daypack
- Neck Pillow, eye mask, and blanket
- Reading Material
- Travel Guides/Maps
- Pens/Journal/Scrap Paper
- Reusable Water Bottle
- Headphones/Ear Plugs

Clothing:

- Think lightweight layers, comfortable, quick drying, abrasion resistant – nylon, polyester & cotton blends.*
- Shirts (short/long sleeve, tees, dress shirt)
 - Sweater
 - Rainwear or Jacket
 - Shorts/Pants
 - Swimsuit, Sun Shirt and Cover-up
 - Skirt/Dress or Sportscoat (for dressy evenings)
 - Shoes (walking pair, sandals, and dress pair)
 - Pajamas
 - Underwear/socks
 - Hat or Visor
 - Accessories: scarves, jewelry, ties, etc.

Toiletries:

- Soap and Facecloth
- Shampoo/Conditioner/Styling Product
- Deodorant
- Laundry Detergent/Stain Stick
- Shaving Kit
- Toothbrush, Toothpaste
- Contact Lenses & Solution/Glasses
(bring a spare pair and/or a copy of prescription in case of broken or lost glasses)
- Lotion
- Hair Brush/comb/hairbands
- Q-Tips, cotton balls
- Make-up Kit

Electronics:

- AirTags/Tiles/Bluetooth trackers for luggage
- Phone/charger cord (car adapter if renting)
- Camera/batteries/memory cards/charger
- 240 Volt power converter/adapters
- Spare batteries

Miscellaneous:

- Sunglasses
- Nightlight or flashlight
- Binoculars
- Plastic Zip-Lock Bags
- Tote bag (for dirty clothes or day trips)
- Umbrella
- Address List (for postcards)