



PACKING CHECKLIST

Let me help you prepare for your next adventure

PRE-DEPARTURE

- Passport / VISA / Personal Identification
- Emergency Information
- Transportation Tickets
- Health Insurance Documents
- Reservations & Itineraries
- Hotel / Tour Contact Info
- Cash & Credit Cards
- Copies of tickets and passports
- Check expiration dates on passport, credit cards, and license
- Guidebooks / Maps
- Research your destination(s) local customs to be culturally aware.
- _____

HOME CHECKLIST

- Inform bank of future foreign travel
- Arrange care of pets, lawn and plants
- Prearrange school absences for children
- Leave house key and trip info with someone you trust
- Pre-pay bills
- Turn down heater / air conditioner
- Have post office hold mail
- Empty refrigerator
- Lock up valuables
- Leave emergency contact info with a relative / friend
- _____

TRAVEL GEAR

- Main travel bag
- Carry-on bag / backpack / tote bag
- Camera / Photography gear
- Travel wallet / purse
- Scuba gear / dive bag (if applicable)
- _____

BASIC EVERYDAY ITEMS

- Travel footwear
- Underwear, bras, camis
- Pajamas
- Socks (bring compression socks for long flights)
- Shirts / button-ups / sweaters
- Pants / yoga pants / shorts
- Dresses / skirts
- Swimsuits and cover ups
- Sunglasses
- Refillable water bottle
- Electronic converters and plug adapters
- Camera, memory card, and charger (extra batteries)
- Smart phone and charger
- Travel pillow
- Rain jacket
- _____

CARRY-ON BAG

- Snacks for the flight
- Portable charger & cables
- Extra pair of clothes
- Refillable water bottle
- Hand sanitizer / wipes
- Health kit (or mini version)
- Headphones
- Reading materials / games
- Laptop / Ipad
- Toothbrush / Mouthwash to refresh after long flights
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TOILETRIES

- Toothbrush / paste / floss
- Deoderant & bodywash
- Shampoo & conditioner
- Hairbrush
- Moisturizers, lotions, sunscreens
- Nail clippers & tweezers
- Make-up / Make-up Remover
- Shaving tools
- Contacts & solution / Glasses
- Portable mirror
- _____

TRAVEL HEALTH

*Consult your physician for help in planning your vacation medical needs.

- Destination Health Info
- Personal Prescriptions
- Sunburn Relief / Aloe
- Antibacterial Ointment
- Pain Relievers
- Diarrhea / Laxative Medicine
- Insect Repellent
- Hand Sanitizer
- Throat Lozenges
- Hydration Tablets
- Vitamins
- Ear drops (for diving or other water activities)
- Motion Sickness Medicine
- _____

OTHER

- _____
- _____
- _____