

## Step-by-Step Guide

# *What to Pack when Going on a Trip*

*Depending on where you go, these items may change.  
This list is not in any particular order.*

✓	Item
	Any technology that must be taken with you
	Book(s) to read
	Camera (unless phone is used for photos)
	Check weather a few days before to get the proper outfits for each day
	Clothes to exercise in (including sneakers)
	Clothes to sleep in
	Deodorant
	Feminine hygiene products
	Fragrance and lotion
	Gift – if visiting someone
	Hair items – whatever you use daily, including curling iron, flat iron, dryer
	If business trip, necessary paperwork and writing instruments
	If business trip, USB or flash drive
	Jacket or Sweater (if going someplace cold)
	Makeup bag (if needed)
	Medication and/or vitamins
	One outfit for each day, plus 1 or 2 extra (just in case)
	Regular glasses or contact lenses
	Retainer
	Sandals
	Shaving items/hair removal
	Small bag of Q-tips
	Socks and pantihose
	Some jewelry – just enough to accessorize
	Sunglasses
	Swimsuits – if going somewhere by the beach, or pool, or jacuzzi
	Telephone charger & telephone
	Toothpaste and toothbrush
	Tweezers
	Two or three pairs of shoes
	Undergarments (I always plan for 2 for each day of stay)
	Wallet
	Writing instruments (pens or pencils)

