

The Ultimate Packing List and Checklist

PRE-DEPARTURE

- ☐ Passport/Visa(s)
- ☐ Health Insurance Documents
- ☐ Transportation Tickets
- ☐ Emergency Information
- ☐ Reservations & Itineraries
- ☐ Hotel/Tour Contact Info
- ☐ Hotel Loyalty/Hostel Membership Cards
- ☐ Student ID/Frequent Flyer Cards
- ☐ Cash & Credit/ATM Card(s)
- ☐ Guide Books & Maps
- ☐ Personal Identification
- ☐ Copies of Tickets/Passports/etc.
- ☐ Check expiration dates on passport, Drivers License, and Credit Cards
- ☐ Research your destination(s) local customs to be culturally aware/sensitive
- ☐ _____

HOME CHECKLIST

- ☐ Advise bank of future foreign credit card use
- ☐ Have post office hold mail
- ☐ Stop deliveries
- ☐ Arrange care of pets, lawn & plants
- ☐ Prearrange school absences for children
- ☐ Empty refrigerator
- ☐ Unplug appliances
- ☐ Turn off heater/air conditioner
- ☐ Turn down water heater
- ☐ Lock all doors and windows
- ☐ Store valuables in a safe place
- ☐ Pre-pay bills
- ☐ Leave house key and trip itinerary with a neighbor
- ☐ Leave flight and hotel itineraries with a relative
- ☐ Reconfirm/check-in online with airline
- ☐ _____

MY TRAVEL GEAR

- ◇ Main Travel Bag (Luggage/Pack/Duffel)
- ◇ Pack-It™ (for packing clothes, small stuff and toiletries)
- ◇ Comfort & Security Items
- ◇ Day Bag & Travel Wallet

EVERYDAY BASICS

- ☐ Smart Phone & Charger
- ☐ Music Player
- ☐ Hat
- ☐ Scarf/Bandana
- ☐ Rain Jacket/Umbrella
- ☐ Sunglasses
- ☐ Travel Footwear
- ☐ Water Bottle
- ◇ Travel Pillow/Eye Shade/Ear Plugs
- ☐ Tissues/Toilet Paper
- ☐ Camera, Memory Card & Charger
- ☐ Electric Converters & Adapters
- ☐ Binoculars
- ◇ Travel Alarm
- ☐ Language Book
- ☐ Travel Journal & Pen
- ☐ Address Book
- ☐ Reading Materials & Games
- ☐ Watch
- ☐ Lightweight, Easy Care Clothing
- ☐ _____

MAINTENANCE ITEMS

- ☐ Headlamp/Flashlight
- ☐ Extra Batteries, Memory Card
- ☐ Sewing Kit
- ☐ Clothing Care Kit/Clothesline
- ☐ Motion Bands
- ☐ Duct Tape
- ☐ _____

TOILETRIES

- ◇ Toiletry Kit
- ☐ Comb/Brush
- ☐ Toothbrush/Paste/Floss
- ☐ Deodorant/Soap
- ☐ Skin Care Lotion/Creams/with SPF
- ☐ Shampoo & Conditioner
- ☐ Shaving Kit
- ☐ Glasses & Eyeglass Case
- ☐ Extra Contact Lenses, Solution & Case
- ☐ Scissors, Nail Clippers & Tweezers (pack in checked luggage)
- ◇ Travel Towel
- ◇ Travel Bottle Set
- ☐ Mirror
- ☐ _____

TRAVEL HEALTH

*Consult your health center or physician for help in planning your trip's medication needs.

- ☐ Extra Contact Lenses, Solution & Case
- ☐ Travel Health Information
- ☐ Pain Reliever
- ☐ Fever Reducers
- ☐ Cold Medicines
- ☐ Diarrhea/Laxative Medicines
- ☐ Personal Prescriptions
- ☐ Vitamins
- ☐ Throat Lozenges
- ☐ Sunscreen/Lip Balm with SPF
- ☐ Sunburn Relief
- ☐ Insect Repellent
- ☐ Antibacterial Ointment/Hydrocortisone Cream
- ☐ Personal Hygiene Items
- ☐ Hand Sanitizer
- ☐ First Aid Kit
- ☐ Water Purification System
- ☐ _____