



TRAVEL CHECKLISTS, PACKING TIPS & MORE!

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Trip Preparation Checklists:

The documents listed below are comprehensive checklists bound to make your trip a smooth one!

**Each one can be downloaded separately from our website when clicked upon.*

[Before You Leave - PDF](#) [Travel Items Checklist - PDF](#) [Clothes Checklist - PDF](#)

Packing Tips:

1. Carrying Medications:

- Carry them in your carry-on since it will be less likely to be lost than your checked luggage and your carry-on will also do less harm to temperature-sensitive medication
- Carry your medication in their original bottles to help avoid security questions
- Bring along the generic names of your medications since brand names can vary by country
- If you have any questionable drugs or particularly large supplies, it is suggested you bring a letter from your doctor stating you have a legal right to use these drugs
- If you are traveling outside the United States, check to see what you can take with you: something legal here might be illegal elsewhere

2. Packing Valuables:

- Leave them at home in a safe place if you can, otherwise, place them in your carry-on
- If your luggage has locks, make sure they are TSA-certified, or they may be broken for inspection
- Shrink wrapping your luggage will not only protect the outside of your bags, but also the contents inside
- If you do place any valuables in your luggage, hide them in the lower sections of the bags so a quick look inside won't reveal them

3. Packing Liquids:

- Pack liquid items in less than full plastic bottles, they might freeze and expand if you're traveling by plane or in cold weather
- Place the bottles in freezer bags with a seal to further protect your items.

4. Packing Light:

The more you travel, the more you know that traveling with the smallest possible amount of luggage is the best way to go. But, how can you cut down on your luggage burden?

- Call ahead to the hotel to see if they offer any laundry services. See if they include items in your room such as, robes and toiletries that will reduce your packing needs
- If you plan to pack toiletries, take sample sizes that will last just the length of the trip
- Coordinate your outfits around a central color so you'll be able to mix and match
- Check destination weather and remember to account for seasonal and daily temperature fluctuations - keep in mind that increases in altitude will decrease temperatures
- Plan your outfits so you can layer
- Take a solid color sweater that will match any outfit
- Make a list of all the items you plan to pack and eliminate duplication or replace unnecessary items with ones that can be matched with multiple items

Luggage Buying Tips:

Top Tips:

If you're looking to buy new luggage, you should consider luggage with these features:

- Retractable rollers will make it easier to make it through the airport. You'll also want retractable rollers, so the rollers won't be pulled off
- Removable straps: these make luggage easier to carry, but they can get caught on conveyor belts and either break or damage your luggage - make sure to remove these and place in your carry on when checking luggage
- A lock, preferably one that doesn't dangle off the luggage
- Carry-on luggage in a size that will be allowed under the recent more restrictive carry-on size limits

**Please visit the [TSA website](http://www.tsa.gov) (<http://www.tsa.gov>) for the most up to date information on luggage and carry-on restrictions*

Preventing Loss:

Top Tips:

- Don't pack valuable, perishable, and fragile or items sensitive to the heat and cold in your checked baggage. Try to avoid these items altogether, but if you must take them, they will be safer in your carry-on bag
- Never leave your luggage unattended
- Learn your destination's airport code and make sure the correct one gets put on your bag
- Avoid taking luggage with flashy brand names, as it will make them more attractive to thieves
- Avoid carrying your laptop in a bag that lets everyone know you are carrying expensive electronics
- Use the locks on your luggage, make sure they are TSA-certified
- Clearly label your luggage on both the inside and outside of your bags
- Remove any items that are hanging off your luggage and could get caught on conveyor belts
- Place a trip itinerary in your luggage so your bags can easily be returned to you
- Place a unique bright marking on your luggage so you can easily identify it
- If traveling with a companion, place half of your items in each other's bags so that if either bag goes missing, you'll still have some items with you
- Cover the key pad with your hands when entering ATM or phone card numbers so others can't copy them down
- If an airline loses your items make a claim before you leave the airport as some airlines will not honor claims made after you have left the airport
- Carry a list of all your items in your carry-on and leave one at home, to help you make a complete claim if your items go missing
- Consider purchasing trip insurance that offers protection for your property