

# TRAVEL ITEMS CHECKLIST

## Essentials

- Trip itinerary & conf. #s
- Trip tickets (air, cruise, etc.)
- Passport/Photo ID
- Driver's license
- Wallet/Cash
- Destination's currency(ies)
- Travelers checks
- Key addresses/Phone #s
- Emergency #s/Calling card
- Credit card company #s
- List of medications/Allergies
- Health insurance info.
- Vaccination certificates
- Visas if required
- Travel insurance

## Luggage

- Suitcase(s)
- Luggage ID tags
- Carry-on
- Daypack
- Backpack
- Purses
- Foldable bag for souvenirs
- Electronics cases
- Money belt
- Laundry bag
- Toiletry bag
- Large plastic bags
- Zipper bags (sizes)
- Sleeping bag
- Rollable foam pad/yoga mat

## Non-Essential, but Useful

- Travel pillow/Blanket
- Ear-plugs/Sleep mask
- Hand lotion/Anti-bacterial
- Mini First-Aid kit in carry-on
- Motion-sickness remedy
- Guidebooks/Maps
- Local language dictionary
- Currency converter
- Travel alarm clock
- Notebook/Journal & pen
- Book/Magazine
- Non-perishable snacks

## Health & Medications

- Prescription medicines
- Pain reliever
- Allergy medication
- Decongestant pills or liquid
- Vitamins
- Sleep aids
- Lip balm
- Antibiotic ointment
- Rubbing alcohol
- Benzoyl Peroxide
- Adhesive bandages (sizes)
- Gauze/Medical tape
- ACE bandages
- Contraceptives
- Laxative/Diarrhea medicine
- Insect repellent
- Blister kit
- Antipruritic for insect bites
- Malaria tablets

## Clothes Care

- Detergent
- Portable iron
- Stain remover
- Sewing kit
- Clothes line
- Wrinkle-free spray
- Anti-static spray
- Lint roller

## Miscellaneous

- Umbrella
- Safety pins
- Travel lock(s) & key(s)
- Multipurpose tool/Scissors
- Binoculars
- Rubber bands
- Cord
- Packing tape
- Flashlight/Nightlight
- Water bottle/Thermos

## Work Travel

- Work documents
- Portfolio
- Notebook
- Office supplies
  - Highlighters, pens
  - Sticky notes
  - Paper clips, staples

## Extras

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