

## PRE-DEPARTURE

- Passport
- Visa
- Health Documentation
- Transportation Tickets
- Frequent Flyer Cards
- Emergency Information
- Insurance
- Hotel Reservations
- Traveler's Checks
- Currency
- Credit Cards
- Guide Books and Maps
- Trip Cancellation/Medical Insurance
- Personal Identification
- Copies of Airline Tickets/Passport/etc.
- Special Event Reservations

## TRAVEL GEAR

- Main Travel Bag (Travel Pack/Luggage)
- Daypack/Duffel Carry-On Bag
- Packing Accessories (for clothes, small stuff and toiletries)
- Money Belt
- Security Pouch (for passport, tickets, and currency)
- Document Organizer
- Everyday Bag

## EVERYDAY BASICS

- Travel Clothing
- Raincoat/Umbrella
- Travel Footwear
- Visor or Brimmed Hat
- Camera, Lenses, Film, Memory Stick
- Radiation Shield for Film
- Video Camera, Tapes
- Binoculars
- CD/DVD/MP3 Player
- Electric/Phone Converters
- Travel Alarm
- Language Books
- Reading Materials
- Address Book
- Travel Journal
- Pen/Pencil
- Scarf/Bandanna
- Games/Playing Cards
- Snacks
- Water Bottle
- Hand Sanitizer/Toilettes
- Travel Neck Pillow
- Eye Shade/Ear Plugs
- Tissues/Toilet Paper
- Keys
- Cell Phone

## MAINTENANCE ITEMS

- Flashlight Batteries/Bulb
- Matches of Lighter
- Extra Batteries
- Sewing/Repair Kit
- Duct Tape
- Travel Iron or Steamer
- Sink Stopper for Hotel Sinks
- Zip-Close Plastic Bags

## TRAVEL HEALTH

*\*Please consult your local health center or personal physician for help in planning your trip's medication needs.*

- Travel Health Booklet
- Pain Reliever/Aspirin
- Cold Medicines
- Contact Lens Items
- Diarrhea Medicine
- Laxative
- Insect Protection
- Sun Protection
- Sunburn Relief
- Antibiotic Cream
- Malaria Medication
- Motion Sickness Medicine
- Personal Hygiene Items
- Personal Prescriptions
- Water Purification System
- Vitamins
- Moleskin
- Mouthwash
- Birth Control

## TOILETRIES

- Comb/Brush
- Toothbrush/Paste
- Dental Floss
- Deodorant
- Soap-Personal and Laundry
- Skin Care Lotion/Creams
- Throat Lozenges
- Make Up
- Mirror
- Manicure Articles (nail file/clippers)
- Hair Care
- Sunscreen/Lip Balm
- Razors/Shaving Cream
- Hair Dryer
- Towel/Washcloth
- Travel Bottles (for shampoo & laundry soap)
- Eyeglass Prescription Copy
- Contact Lenses

## HOME CHECKLIST

- Advise bank of future foreign credit card use
- Stop Deliveries
- Have post office hold mail
- Advise home alarm company of absence
- Turn off cold-water intake valve on hot
- Water heater
- Arrange for care of pets, lawn, and plants
- Re-set sprinklers
- Set-up a times lighting system
- Stop newspaper
- Leave house key and trip itinerary with a neighbor
- Leave flights and hotel itinerary with a relative
- Empty refrigerator
- Eliminate possible fire hazards (unplug appliances, etc.)
- Turn down thermostat
- Turn down water heater
- Store valuable in a safe place
- Lock all doors and windows
- Pre-pay bills
- Reconfirm/check-in online with airline