

# The Essential

## PACKING LIST



### CLOTHES

- Underwear
- Socks / stockings
- Undershirts / bras
- Sleepwear
- T-shirts
- Dress shirts
- Casual shirts
- Jeans
- Pants
- Shorts
- Dresses
- Skirts
- Sweaters / sweatshirts
- Jackets
- Formal wear (where appropriate)
- Belts
- Ties
- Vests



### CLOTHES

- Swimsuits / cover-ups
- Hats
- Gloves
- Scarves
- Hiking / athletic shoes
- Walking shoes
- Dress shoes (suitable for dancing)
- Sandals / flip-flops
- Jewelry (if valuable, put in carry-on)
- Purses
- Collapsible totes
- Raincoats
- Boots
- Umbrella
- Glasses / Sunglasses
- Glasses cleaning cloth
- Laundry bag



### TECHNOLOGY

- Cell phone
- Electronic chargers
- Laptop / tablet
- Plug adaptors
- Power banks
- Headphones
- Camera
- Memory cards
- Tripod / Selfie stick
- Batteries
- MP3-Player / Bluetooth speaker
- Electric socket covers
- Universal electrical adaptor
- Night light
- USB cable(s)
- Gaming equipment
- White noise machine
- Flashlight
- Portable clothes steamer

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## PACKING LIST

### TOILETRIES & HYGIENE



- Toothbrush
- Toothpaste
- Dental floss
- Mouthwash
- Toothpicks
- Soap
- Deodorant
- Perfume / body spray
- Shampoo / Conditioner
- Brush / Comb
- Hairstyling tools
- Hair ties / pins / clips
- Facial cleanser
- Facial lotions / gel / etc.
- Sunscreen
- After burn moisturizer / gel
- Insect repellent
- Contact lens / solution / case

### TOILETRIES & HYGIENE



- Shaving supplies (razor, cream)
- Shaving foam
- Makeup
- Makeup remover
- Nail file / clippers
- Tweezers
- Cotton pads / swabs /
- Qtips
- Hand lotion
- Hand sanitizer
- Lip balm
- Body lotion
- Feminine-hygiene products
- Wet wipes
- Birth control
- Vitamins
- Laundry Kit (soap / stain remover)

### FIRST AID



- Pain medication
- Allergy medication
- Nose spray
- Nausea medication
- Insect repellent
- Band aids
- Gauze
- Surgical tape
- Blister pads
- Vitamins
- Ice pack / hot pack
- Disinfectant
- Alcohol pads
- Burn cream
- Cough drops
- Thermometer
- Vitamin C
- Rubber gloves
- Aloe vera gel
- Cotton balls / swabs
- Sleeping pills
- First aid ointment

# The Essential

## PACKING LIST



### DOCUMENTS

- Passport
- Visa / e-visa / ETA
- Drivers license or ID card
- Vaccination card / Certificate
- Travelers insurance card
- International medical insurance card
- Tickets (flight, train, attractions, etc.)
- Maps
- Emergency contacts
- Spare passport photos
- Copies of passport / Visa
- List of medications
- Address book
- Personal auto insurance card
- Foreign currency
- Foreign exchange rate card
- Reservation information
- Business cards



### CARRY-ON

- Face mask / face covering
- Books or e-books
- Pen / pencil / paper
- Travel blanket & pillow
- Earplugs / eye mask
- Video / music player
- Games
- Tissues
- Change of clothes
- Food / snacks / drinks
- In-flight medications
- Empty water bottle (fill post-security)



### CARRY-ON

- Wallet / small purse
- Cash
- Credit / ATM cards
- Debit / Bank cards
- Insurance cards (medical / travel)
- House / car keys
- Travel guide
- Travel locks
- Itinerary
- Kids toys
- Plastic bags