

# TRAVEL CHECKLIST

PRE-DEPARTURE:		BASICS:	
	Acquire Travel Advisory For Destination		Luggage / Travel Pack With ID Tags & Locks
	Passport / Visa / Birth Certificate		Travel Clothing
	Personal Photo ID (such as Driver's License)		Rain Protection
	Health Documentation		Travel Footwear
	Transportation / Airline Tickets		Visor or Brimmed Hat
	Hotel Reservations		Camera & Film
	Insurance		Video Camera & Tapes
	Credit Cards - Traveler's Checks		Radiation Shield for Film
	Currency Exchange		Water Bottle
	Emergency Information		Language Books
	Guide Books and Maps		Reading Materials
	Trip Cancellation/Medical Insurance		Address Book
	Personal Identification		Travel Journal
	Photocopies of Documentation		Scarf / Bandana
	Minor Custody Affidavit (if applicable)		Games / Playing Cards
	Event Reservations (art, festivals, sporting events, etc.)		Binoculars
MAINTENANCE ITEMS:		MEDICATION:	
	Flashlight Batteries / Bulb		Vitamins
	Matches or Lighter		Aspirin / Pain Reliever
	Camera Batteries		Cold Medicine
	Mini Sewing / Repair Kit		Contact Lens Preparation
	Duct Tape		Diarrhea Medicine
	Portable Lightweight Travel Iron or Steamer		Laxative
	Travel Clothesline & Clothespins		Insect Repellent
	Sink Stopper for Hotel Sinks		Sunscreen
	Mesh Bag for Dirty Laundry		Sunburn Relief
	Ziploc Plastic Bags		Antibiotic Cream
TOILETRIES:			Malaria Pills
	Comb / Brush		Motion Sickness Medicine
	Toothbrush / Paste		Personal Hygiene Items
	Dental Floss		Personal Prescription
	Deodorant		Water Purification System
	Soap: Personal & Laundry	HOME CHECKLIST:	
	Skin Care Lotions / Creams		Stop / Hold Mail & Deliveries
	Make Up		Arrange For Care Of Pets / Lawn / Plants
	Mirror		Set-Up A Timed Lighting System
	Manicure Articles		Check Timed Night Lighting System
	Shampoo		Notify Local Police / Security Of Your Absence
	Sunscreen / Lip Balm		Leave House Key & Trip Itinerary With Neighbor
	Towelettes		Empty Refrigerator
	Shaving Cream		Eliminate Fire Hazards (unplug appliances, etc.)
	Blow Dryer		Turn Down Thermostat
	Curlers		Turn Off Water Heater
	Towel / Washcloth		Store Valuables In A Safe Place
	Nalgene® Bottles (for shampoo & laundry soap)		Lock All Doors And Windows

## 10 ESSENTIALS:

1. Everyday Bag: In transit it will hold all of the valuables you want to keep close like tickets, camera & reading material.
2. First-Aid Kit: A compact health kit is a must for every traveler.
3. Passport / Money Carrier: To keep these items secure.
4. Travel Watch / Alarm: It should be quartz or battery operated, lightweight, water resistant, shock resistant and reliable.
5. Swiss Pocket Knife: May find the following features useful - basic blade, can / bottle opener, scissors, tweezers and corkscrew.
6. Electrical Converter / Adapter: This allows you to use your personal appliances abroad.
7. Flashlight / Head Lamp: Light a hallway, read in a train compartment, or study a map under the stars.
8. Sunglasses: Protect your eyes from harmful ultraviolet and infrared radiation, especially if you are traveling at higher altitudes.
9. Travel Organizer: The ultimate in convenience for carrying identification, tickets, trip itineraries, receipts and addresses.
10. A Positive Attitude: Travel sometimes means unexpected delays or detours. So, remember always to take along a big smile.