

The  
**Ultimate**  
PACKING LIST



### CLOTHING

Sneakers  
Sandals  
Dress shoes  
Socks  
Undies/Undershirts/Bras  
Light jacket/Sweater  
Bathing suit(s)  
Small purse/wallet  
Shorts  
Dresses/Skirts  
Pants  
Shorts  
Tops  
PJs  
Water shoes  
Belt  
Suit/Tie  
Hats/Scarves/Gloves  
Sunglasses  
Jewelry

### ETC.

Earplugs  
Sunglasses  
Gum  
Snacks  
Water bottle  
Neck pillow  
Book/Magazine  
Pens/Journal  
Umbrella  
Bag for dirty clothes  
Roll of duct tape  
Pair of scissors  
Ziplock bags  
Travel sewing kit  
Few safety pins  
Deck of cards

### TOILETRIES

Bar soap  
Shampoo/Conditioner  
Facewash  
Lotion  
Contact solution  
Extra set of contacts  
Glasses  
Deodorant  
Makeup  
Nail file  
Tweezers  
Nail clippers  
Razor  
Toothbrush  
Toothpaste  
Floss  
Small kleenex packet  
Pads/Tampons  
Lip balm  
QTips/Cotton balls  
Blow dryer/Flat iron  
Hair products/Hair ties  
Brush/Comb  
\*\*All Liquids in carry-on bag must be 3oz max and in a quart size ziplock bag

### INTERNATIONAL TRAVEL

Passport/VISA  
Copy of immunization records  
Power adapters and converters  
Photocopy of passport kept in separate place  
Combination pad lock or cable (lock luggage to seat if sleeping on train/bus)  
Health insurance card  
Charcoal tabs in case of food poisoning  
Birth certificate (if needed)  
Maps  
Itinerary  
Research destination country cultural etiquette/customs

### MED/HEALTH

Prescriptions  
Vitamins/Supplements  
First Aid Kit  
Sunscreen  
Dramamine  
Allergy meds  
Sunscreen  
Insect repellent  
Afterbite  
Hand sanitizer

### LOGISTICS - Before you leave!

Check-in to flight 24 hours before  
Confirm flight status on day of flight  
Drivers license easily accessible  
Cash  
Credit card flight was booked with  
Mail stopped - do online at usps.com  
Alert credit card company you will be traveling  
Download music/audiobooks on phone  
Back up photos on your phone  
Check weather  
iPad/Laptop charged  
Garbage out  
Clean out fridge  
Turn off water/thermostat  
Unplug computers  
Water plants  
Pet arrangements made  
Set up out-of-office email response at work

### ELECTRONICS

Cell phone  
Cell charger  
Camera  
Camera charger  
Laptop  
iPad/Kindle  
Music  
Headphones  
GPS