



General Packing List

Pre-Departure

- Passport/Visa(s)
- Personal Identification
- Cash & Credit/ATM Card(s)
- Email yourself a photo of your passport in case of emergency
- Check expiration dates on Passport, Drivers License, Credit Cards & Vehicle Registration
- Health Insurance Documents
- Travel Insurance Information
- Reservations & Itineraries
- Hotel/Tour Contact Info
- Hotel Loyalty/Hostel Membership Card(s)
- Transportation Tickets
- Copies of Tickets/Passports/etc.
- Emergency Information
- Phrase Book, Guide Books & Maps

My Travel System

- 1. Main Travel Bag (upright/backpack/duffel bag)
- 2. Packing Organizers (packing folders, packing cubes)
- 3. Comfort & Security Items (travel pillow, money belt, travel lock)
- 4. Day Bag & Travel Wallet (backpack, shoulder bag, travel organizer)

Everyday Basics

- Lightweight, easy care clothing
- Sleep Sac/Hostel Sheets
- Cell/Smart Phone & Charger
- Music Player
- Watch
- Hat with Brim
- Scarf/Bandana
- Headlamp/Flashlight
- Rain Jacket/Umbrella
- Sunglasses
- Travel/Hiking Footwear
- Water Bottle or Bladder
- Travel Pillow/Eye Shade/Ear Plugs
- Tissues/Toilet Paper
- Camera, Memory Card & Charger
- Electrical Converters & Adapters
- Travel Alarm
- Travel Journal & Pen(s)
- Address Book
- Reading Material & Games
- Pocket Knife (pack in checked luggage)
- Compass
- Lightweight Binoculars

Maintenance Items

- Extra Batteries
- Extra Memory Card
- Sewing Kit
- Clothing Care Kit/Clothesline
- Duct Tape

Travel Health

**Consult your health center or physician for help in planning your trip's medication needs.*

- Travel Health Information
- First Aid Kit
- Pain & Fever Relievers
- Children's Strength Pain Relievers
- Cold Medicines
- Diarrhea/Laxative Medicines
- Antibiotic Ointment
- Personal Prescriptions
- Vitamins
- Throat Lozenges
- Sunscreen/Lip Balm
- Sunburn Relief
- Insect Repellent/Mosquito Net
- Sting Reliever
- Motion sickness bands
- Personal Hygiene Items
- Hand Sanitizer
- Water purification system

Toiletries

- Toiletry Kit
- Comb/Brush
- Toothbrush & Paste/Floss
- Deodorant/Soap
- Personal Hygiene Items
- Skin Care Lotion/Creams
- Shampoo & Conditioner
- Scissors (pack in checked luggage)
- Tweezers
- Moleskin
- Shaving Kit
- Travel Towel
- Travel Bottle Set
- Mirror

Home Checklist

- Advise bank of future foreign credit card use
- Have post office hold mail
- Stop newspaper delivery
- Arrange care of pets, lawn & plants
- Pre-pay bills
- Prearrange school absences for children
- Empty refrigerator
- Unplug appliances
- Turn off heater/air conditioner
- Turn down water heater
- Turn off washing machine taps
- Lock all doors and windows
- Set up timed light system
- Store valuables in a safe place
- Leave house key and trip itinerary with a neighbor
- Leave flight and hotel itineraries with a relative
- Reconfirm/check-in online with airline
- If gone for more than 30 days check with homeowner's insurance for specific directives.

Packing list courtesy of Eagle Creek and can be found at: <http://www.eaglecreek.com/travel-tips-packing-lists/general-packing-list>