

## Before you Leave, Gather the Following:

- Guide books and maps
- Passport and visa(s), Personal ID (Drivers license)
- Student ID (for discount access to museums etc.)
- Cash & Credit cards (foreign currencies?)
- Coins for tolls

If carrying on plane, remember FAA limits on liquids & creams

Comb/Brush

Toiletries

- Toothbrush/Paste
- Mouthwash
- Dental Floss
- Alcohol Wipes
- Sunscreen
- Personal Prescriptions
- Nail clipper

- Travelers checks or ATM card
- Insurance: Trip Cancellation and Medical
- Photocopies of documentation
- Tickets & itinerary
- Hotel Reservations
- Special Event Reservations
- Paper printout of emergency contacts

## **Basic Essentials**

Luggage Locks & ID Tags (Don't Lock checked baggage)
 Passport/Money Carrier

- Rain Protection
- Video Camera
- Small Flashlight & batteries

- Shampoo/Conditioner
- Soap
- Vitamins
- Medication
- First Aid Kit
- Aspirin/Pain Reliever
- Cold/Sinus Medication
- Diarrhea Medicine
- Laxative
- Insect Repellent
- Antibiotic Ointment

- Tissues
- Q-Tips
- Blow Dryer
- Deodorant
- Lotions/Creams
- Cologne
- Lip balm
- Shaving Cream
- Razor & extra razor blades
- Earplugs
- Plastic bags

# Clothing

Dresses, suits, shirts, slacks, socks, ties/scarves

- Travel Alarm Clock
  - Brimmed Hat or Visor
- Eyeglasses, sunglasses & contact lens (and cleaners)
  Language Books
- Reading Materials
- Playing Cards/Games
- Mini Sewing Kit (place in checked baggage)
- Scarf/Bandana
- Laundry Bag
- Food bars or emergency snack food
- Hand/foot warmer packs

## **Electronics:**

Cell phone, charger, extra battery

#### Dress shoes

- Casual shoes
- Boots
- Belt(s)
- Underwear, bras & undershirts
- Long underwear
- Pajamas
- Overcoat / rain coat / top coat

Exercise clothes & shoes

- Winter coat
- Scarf, hat and gloves
- Umbrella
- Sweaters
- Jeans/long pants

Camera, charger, batteries, cords, etc.

iPod & headphones (bud? noise canceling?)

DVD player & DVDs

Laptop & cord & battery

Plug & voltage adaptors for foreign countries

Other small electronics & chargers (Kindle, etc.)

