

# Your Travel Packing Checklist

## *Formula for a Perfect Vacation*

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### DOCUMENTATION

*Keep all this information in one small secure bag, safely tucked away and keep possession of your carry-on at ALL times.*

- Passport
- Eye Glass Prescription
- Drivers License
- Birth Certificate
- Medical/Dental Insurance Card
- Personal Insurance Paper

### MEDICAL

*Make sure these items are properly marked and in a small, clear zip-loc bag. You'll have to show these to the security people.*

- Alka Seltzer
- Vitamins
- Pain Killers (i.e. Aspirin / Tylenol)
- Pepto Bismol
- Prescription (s)
- Antacid Tablets (i.e. Tums / Roloids)

## TOILETRIES

*Be aware of new security restrictions regarding liquids. Hotels very often offer complimentary hair dryers (ask before you pack) shampoo, toothpaste and lotion. It could save you a lot of luggage space and hassle at security.*

- Suntan Lotion / Sun Block
- Sun Burn Pain Relief (i.e., Solarcaine)
- Tooth Brush / Paste
- Deodorant
- Shampoo
- Skin Lotion
- Comb / Hairbrush
- Hair Dryer
- Razors / Shavers
- Shaving Cream
- Gel / Mouse / Hairspray

## CLOTHING

*Bringing too much clothing can be worse than not enough. Bring clothes that pack well (don't wrinkle) and serve multiple purposes.*

- Bathing Suit
- Shirts (short / long sleeve)
- Shorts
- Trousers
- Socks
- Belts
- Underwear
- Thermal Underclothing
- Bras
- Stockings
- Nightgowns
- Pajamas

- Sandals
- Sneakers
- Dresses
- Jacket
- Suit (s)
- Tie (s)
- Sweaters
- Rainwear

### MISCELLANEOUS ITEMS

*Keep your camera with you at all times. Scissors, nail files and umbrellas will have to be checked. If you're able to do carry on only, you'll probably have to buy those items once you arrive.*

- Small, clear zip-loc bags
- Electric plug in converter
- Sewing Kit
- Repair Glues (quick drying)
- Scissors
- Camera
- Film/memory card
- Batteries/charger
- Umbrella
- Cell / Mobile Phone