



# Travel Essentials: Packing List

## Toiletries

- Body soap
- Face soap
- Face moisturizers
- Body moisturizers
- Toothpaste
- Floss
- Chapstick
- Razor
- Perfume
- Deodorant

## Beauty

- Foundation
- Concealer
- Powder/bronzer/blush
- Eye shadow
- Eye liner
- Mascara
- Lip stick/gloss
- Makeup remover
- Nail polish
- Nail file/clippers
- Nail polish remover

## Misc. Travel

- Reading materials
- Travel bag
- Passport cover
- Pen
- Guide books
- Hand sanitizer
- Disinfecting wipes
- Travel Kleenex
- Water bottle
- Snack
- Flights socks
- Aspirin

## Hair Care

- Hair
- Brush/comb
- Shampoo
- Conditioner
- Styling products
- Hair dryer
- Curling iron, straightner, curlers
- Hair ties, clips, bobby pins

## Eye Care

- Contacts
- Prescription glasses
- Sun glasses
- Eye drops
- Contact solution
- Contact container
- Glasses cleaner

## Health

- Vitamins
- Pain killers
- Allergy medication
- Cold medication
- Topical medication
- Band-aids
- Prescriptions

## Electronics

- Phone
- iPod/Tablet/eReader
- Headphones/earbuds
- Chargers
- Camera
- Batteries
- Adapter/Converter

## Travel Documents

- Passport
- Driver's license/ID
- Boarding pass
- Hotel confirmation
- Train/subway/ferry tickets
- Important contact information

## Wallet

- ATM Card
- Debit Card
- Credit Card
- Cash (\$, foreign currency)
- Health insurance card



# Travel Essentials: Helpful Tips

## Planning the Trip

Sign up for e-Newsletters for your travel destination for information on must see attractions, hot restaurants and featured events

Purchase a guidebook or download a guide from your favorite blogger

Ask friends and colleagues for restaurant suggestions and make reservations

Purchase tickets to museums, tours and attractions in advance to avoid sell outs

Track weather conditions

## Packing Tips

Make a list of items to be purchased prior to your trip

Charge electronics and wipe camera memory cards clean

Print out travel documents

Download songs and videos to mobile devices

## Safety

Contact credit card companies to let them know where you are traveling to and for how long - this will prevent the credit card company from declining your purchase for fear of fraud

Contact your mobile carrier to set up calling and data packages for international trips

Make a list of important contact information, e.g. phone number to cancel stolen credit cards, U.S. embassy address, location of hospital that accepts your health insurance, etc.

Make a copy of passport and/or ID in case the originals are lost

Forward travel information to loved ones