



PRE-DEPARTURE

- Passport
- Visa
- Health & Immunization Documentation
- Transportation Tickets
- Emergency Information
- Insurance
- Hotel Reservations
- Traveller's Cheques
- Currency
- Credit Cards
- Guide books and Maps
- Trip Cancellation Insurance
- Medical Insurance
- Vaccinations appropriate for destination
- Personal Identification
- Photocopies of Documentation
- Special event reservations (art, popular festivals, sporting events)
- Reconfirm your flight times at least 6 hours prior to departure

BASICS

- Luggage/Travel Pack
- Travel Clothing
- Rain Protection
- Travel Footwear
- Visor or Brimmed Hat
- Camera
- Language Books
- Reading Materials
- Address Book
- Travel Journal
- Travel Clock
- Scarf/Bandanna
- Games/Playing Cards
- Binoculars
- Travel Lock
- Luggage I.D. Tags

MAINTENANCE ITEMS

- Flash light Batteries/Bulb
- Camera Batteries
- Mini Sewing/Repair Kit
- Portable Light weight Travel Iron or Steamer
- Travel Clothesline & Clothespins
- Sink Stopper for Hotel Sinks
- Mesh Bag for Dirty Laundry
- Zip-lock Plastic Bags

MEDICATION

- Aspirin/Pain Reliever
- Cold Medicine
- Contact Lens Preparation
- Diarrhea Medicine
- Laxative
- Insect Repellent
- Sunscreen
- Sunburn Relief
- Antibiotic Cream
- Malaria Pills
- Motion Sickness Medicine
- Personal Hygiene Items
- Personal Prescriptions
- Water Purification System
- Vitamins

TOILETRIES

- Comb/Brush
- Toothbrush/Paste
- Dental Floss
- Deodorant
- Soap--Personal & Laundry
- Skin Care Lotions/Creams
- Make up
- Manicure Articles
- Shampoo
- Sunscreen/Lip balm
- Towelettes
- Shaving Cream
- Blow Dryer
- Towel/ Washcloth
- Nalgene® Bottles (for shampoo & laundry soap)

10 ESSENTIALS

- **Everyday Bag**- In transit it will hold all of the valuables you want to keep close: tickets, mini-camera and reading material.
- **First-Aid Kit**- A compact travel health kit is a must for every traveller.
- **Passport/Money Carrier**- It is absolutely essential to keep your passport and money secure.
- **Travel Watch or Alarm**- It should be Quartz or battery operated, lightweight, water resistant, shock resistant and reliable.
- **Pocket Knife**- Travellers might find the following features handy: A basic blade, can and bottle opener, scissor, tweezers and corkscrew. (MUST BE IN YOUR CHECKED LUGGAGE – NOT IN YOUR CARRY-ON)
- **Electrical Converter/Adapter**- This allows you to use your personal appliances abroad.
- **Flashlight/Head Lamp**- Light a hallway, read in a train compartment, or study a map under the stars.
- **Sunglasses**- Protect your eyes from harmful ultraviolet and infrared radiation, especially if you are travelling at higher altitudes.
- **Travel Organizer**- The ultimate in convenience for carrying identification, tickets, trip itineraries, receipts and addresses.
- **A Positive Attitude**- Travel sometimes means expecting the unexpected: delays, detours, unfamiliar surroundings, strange languages and funny money. So, remember always take along a big smile!

HOME CHECKLIST

- Stop deliveries
- Have Post Office hold mail
- Arrange for care of pets, lawn and house plants
- Set-up a timed lighting system
- Check timed night lighting system
- Notify local police of your absence
- Leave house key and trip itinerary with a neighbour
- Empty refrigerator
- Eliminate possible fire hazards (unplug appliances, etc.)
- Turn down thermostat
- Turn off water heater
- Store valuables in a safe place
- Lock all doors and windows