



WHAT TO PACK FOR YOUR TRIP

We want you to have an amazing time enjoying your destination, so here are a few suggested essentials on what to pack! This list is a general list so please adjust for your specific destination. When considering what to pack, first check to confirm the weather conditions during your stay.

The Core Trip Packing Checklist

Start with this core packing checklist, organized by category. Then, add items that are specific to your trip.

Packing Checklist: The Really Important Stuff

These are crucial to carry on your person (don't put them in your checked baggage, if you can help it) and difficult to replace.

- Passport and Visa (if required)
- Travel insurance documents. It's wise to have a hard copy of your policy, because you never know when your phone battery or connectivity will fail you. Make sure you buy travel insurance as soon as you've made your trip arrangements.
- Travel itinerary and boarding passes/tickets
- Required immunization.
- Copies of passport, ID, and insurance document
- Cash, credit cards and copies of credit cards
- Prescription medications and copies of prescriptions
- Prescription eyeglasses or contact lenses
- Hearing aids and batteries
- Cell phone and charger
- Laptop or tablet and charger
- Phone
- Power bank
- Universal travel power adapters, if you're traveling overseas
- Emergency contact information

Packing Checklist: Carry-On Essentials

These are the additional items you'll want to put in your carry-on. We love [this packing tip](#) from the editor-in-chief of Travel+Leisure: "I have a small zippered pouch that I always put in my carry-on bag — in it I stash all the things that I want to keep with me on a flight (headphones, earplugs, Emergen-C, phone, wallet, etc.) so that when I board I can just pull that pouch out, toss it into my seat, and then place my carry-on in the overhead bin, quickly and efficiently."

- Reusable Water bottle
- Snacks
- Hand sanitizer/sanitizing wipes
- Camera and charger/accessories
- Books, e-reader and charger, and other entertainment
- One lightweight change of clothes
- Toothbrush, toothpaste, deodorant, eyedrops and other toiletries for freshening up when you arrive
- Neck pillow and/or blanket
- Ear plugs
- Eye mask
- Headphones / Ear buds
- Non-prescription pain relievers, sleep aids and other medications
- Any valuable jewelry
- Small notebook and pen
- Travel sized bottles for carry-on items
- Medicine

Packing Checklist: Your Travel Wardrobe

- Underwear
- T-Shirts and Tank Tops
- Pants/shorts
- Skirts
- Lightweight Dresses
- Tights/leggings
- Socks
- Pajamas/sleepwear
- Rain gear
- Jacket/coat
- Exercise clothing
- Dressy outfit (dress or blazer/tie)
- Accessories (jewelry, scarves, etc.)
- Casual/walking shoes (at least one closed in walking shoe)
- Dressy shoes
- Flip flops / sandals
- Sun hat
- Cold-weather hat and gloves
- Laundry soap and clothesline
- Laundry bag
- Travel sewing kit

Packing Checklist: Swim Wear

- Swimsuit and coverup
- Water shoes / Flip flops
- Sunglasses
- Hat/cap
- Goggles
- Beach Bag
- Waterproof Phone Case
- Sunscreen
- Inflatable Floaties/Toys
- Ear plugs/Nose clips
- Towel

Packing Checklist: Toiletry Kit and Extras

A hanging toiletry bag with several compartments is a worthwhile investment.

- Sunblock and sunburn treatment (SPF 30 or Higher and if you plan to swim, select water-resistant sunscreen).
- Insect repellent (Repellents containing DEET are highly effective. If you would like more natural alternatives, look for repellents containing citronella, lemon eucalyptus, or picaridin).
- Bug Bite Anti-Itch
- Face and body lotion
- Deodorant
- Perfume
- SPF 15 lip balm
- Comb and brush
- Soap
- Shampoo
- Hair products
- Hair accessories
- Shower cap
- Toothbrush and toothpaste
- Floss
- Mouthwash
- Contact lenses and solution
- Makeup
- Sanitary pads or tampons
- Razor
- Nail file and clippers
- Tweezers
- Small first aid kit - with Band-Aids and antibiotic ointment
- Baby wipes - for quick cleanup
- Travel packs of tissues
- Pain reliever
- Cold medication
- Allergy medication
- Anti-diarrheal medication
- Anti-nausea medication
- Vitamins
- Water purification tablets