

# TRAVELER'S CHECKLIST (from basic to extended travel)

<p><b>PRE-DEPARTURE DOCUMENTS</b></p> <ul style="list-style-type: none"> <li>○ Passport (valid, up to date)</li> <li>○ Visa (multiple countries, etc.)</li> <li>○ Personal Identification</li> <li>○ Driver's License</li> <li>○ Health Documentation</li> <li>○ Vaccine Cards (Covid 19, etc.)</li> <li>○ Transportation Tickets</li> <li>○ Hotel Reservations</li> <li>○ Tour Vouchers</li> <li>○ Frequent Flyer #'s</li> <li>○ Emergency Contacts List</li> <li>○ Travel Insurance (cancellations, etc.)</li> <li>○ Health Insurance (international)</li> <li>○ Medical Evacuation Insurance</li> <li>○ Emergency Cash for Travel</li> <li>○ Credit Cards/ATM/Debit cards</li> <li>○ Copies of all Docs in the "Cloud"</li> <li>○ Special Reservations Booked</li> <li>○ Contact Person at Destination</li> <li>○ Guidebook (PDF version)</li> <li>○ Maps</li> </ul> <p><b>TRAVEL GEAR</b></p> <ul style="list-style-type: none"> <li>○ Main travel luggage</li> <li>○ Carry-on travel luggage</li> <li>○ Daypack / shoulder bag</li> <li>○ Waterproof bags</li> <li>○ Hidden Money Stash</li> <li>○ Document(s) Pouch</li> <li>○ Travel Pillow</li> <li>○ Eye shade</li> <li>○ Noise-cancellation ear plugs</li> <li>○ Compact blanket</li> <li>○ Sweater/Jacket</li> <li>○ Keys (house and car)</li> <li>○ Headlamp (w/extra batteries)</li> <li>○ Electricity plug converters</li> <li>○ Water bottle</li> <li>○ Comfortable clothing/shoes</li> <li>○ Prescription glasses</li> <li>○ Sunglasses</li> <li>○ Hat with visor</li> <li>○ Small multi-tool</li> </ul> <p><b>DIGITAL MEDIA/CLOUD ITEMS</b></p> <ul style="list-style-type: none"> <li>○ SIM card (for mobile phone)</li> <li>○ USB stick</li> <li>○ Cloud backup of all documents</li> <li>○ List of prescriptions</li> <li>○ List of doctor's name / contact info</li> </ul>	<p><b>EVERYDAY TRAVEL ITEMS</b></p> <ul style="list-style-type: none"> <li>○ Contact lenses &amp; liquid</li> <li>○ Umbrella</li> <li>○ Raincoat</li> <li>○ Scarf or bandana</li> <li>○ Address book (update mobile)</li> <li>○ Travel Alarm</li> <li>○ Journal</li> <li>○ Reading materials</li> <li>○ Pen or pencil</li> <li>○ Digital music player</li> <li>○ Digital camera &amp; accessories</li> <li>○ Binoculars (compact)</li> <li>○ Playing cards</li> <li>○ Snacks</li> <li>○ Hand sanitizer</li> <li>○ Disposable mini wipes</li> <li>○ Toilet paper</li> <li>○ Tissues</li> <li>○ Lighter or matches</li> <li>○ Personal Locator Beacon</li> <li>○ Sewing/repair kit</li> <li>○ Duct tape (small roll)</li> <li>○ Sink stopper (hotel sinks)</li> <li>○ Zip-lock bags</li> <li>○ Laundry soap</li> </ul> <p><b>AWAY FROM HOME CHECKLIST</b></p> <ul style="list-style-type: none"> <li>○ Advise Home Alarm of Travel</li> <li>○ Advise Bank of foreign CC use</li> <li>○ Stop automatic deliveries</li> <li>○ Advise trash pickup service</li> <li>○ Advise Post Office to hold mail</li> <li>○ Prep water heater for absence</li> <li>○ Arrange for pet sitting</li> <li>○ plants and lawn maintenance</li> <li>○ Setup Lighting timer system</li> <li>○ Turn down thermostat</li> <li>○ Re-set sprinkler system</li> <li>○ Stop newspaper delivery</li> <li>○ Leave house key &amp; itinerary with friends/family</li> <li>○ Leave copy of flights and itinerary with friends/family</li> <li>○ Empty refrigerator</li> <li>○ Eliminate electrical hazards (unplug appliances, etc.)</li> <li>○ Store valuables in a safe place</li> <li>○ Lock all doors and windows</li> <li>○ Pre-pay/auto-pay bills</li> <li>○ Reconfirm/check-in online</li> </ul>	<p><b>TOILETRIES</b></p> <ul style="list-style-type: none"> <li>○ Comb or brush</li> <li>○ Toothbrush</li> <li>○ Toothpaste</li> <li>○ Mouthwash</li> <li>○ Deodorant</li> <li>○ Dental floss sticks</li> <li>○ Bathing soap</li> <li>○ Shampoo &amp; Conditioner</li> <li>○ Skin care lotion</li> <li>○ Make up kit w/mirror</li> <li>○ Nail file/clippers</li> <li>○ Sunscreen</li> <li>○ Lip balm</li> <li>○ Razor &amp; shaving cream</li> <li>○ Wash cloth</li> <li>○ Small towel</li> <li>○ Synthetic bath towel</li> <li>○ Flip-flops</li> </ul> <p><b>TRAVEL HEALTH</b></p> <ul style="list-style-type: none"> <li>○ Health Documentation</li> <li>○ Vaccine Cards</li> <li>○ Pain reliever pills</li> <li>○ Pain reliever cream</li> <li>○ Cold medicines</li> <li>○ Throat lozenges</li> <li>○ Diarrhea medicine</li> <li>○ Laxative</li> <li>○ Insect repellent</li> <li>○ Sunburn cream</li> <li>○ Itchy bite cream</li> <li>○ Antibiotic cream</li> <li>○ List of personal Rx's</li> <li>○ List of generic RX names</li> <li>○ Birth control items</li> <li>○ Malaria medication</li> <li>○ Motion sickness meds</li> <li>○ Water purification kit</li> <li>○ Vitamins</li> <li>○ Moleskin</li> <li>○ Personal hygiene items</li> </ul> <p><b>NOTES</b></p> <ul style="list-style-type: none"> <li>○ _____</li> <li>○ _____</li> <li>○ _____</li> <li>○ _____</li> <li>○ _____</li> </ul>
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