

Travel Preparation Checklist								
Planning Ahead		Carry-on Bag		Checked Baggage (Carry-on plus)				After Arrival
	Purchase tickets & make		Medications		Additio	nal clothes		Pick-up extra items
	reservations		 Over the counter (sleep aid, allergy 			Shirts & sweatshirts		Groceries
	Hold the mail		pills/nasal spray, pain reliever, eye			Pants & shorts		□ Snacks
	Purchase travel-sized items		drops, etc.)			Underclothes (always extra		□ Drinks
	Retrieve travel documents &		☐ Prescriptions			underwear)		☐ Breakfast
	cash		Chapstick			Belt		Items on list not packed
	Download books, music,		Fingernail clippers			Socks		Other
	podcasts, & movies (do <mark>wnload</mark>		Glasses & contacts			Shoes (only pack what is needed)		
	more than is needed)		Sunglasses			Sneakers		
			Full change of clothes			Flip-flops		
			Change of shoes			Hiking shoes		
			Sweatshirt/jacket			Bedtime/loungewear & slippers		
			Hygiene items (minimal, travel size only)			Swimwear & water shoes		
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			Hairbrush, comb, hairspray, elastics			Razor & charger		
			□ Deodorant			Mouthwash		
			Book			Shampoo & conditioner		
			Tablet	-		Soap / / / / /		
			Cellphone			Curling iron or straightener	1	
			Chargers			Small mirror	L	
			Travel Documents			Elastics, hair pins		
			☐ Credit card & cash			Q-tips		
			☐ ID/License			Sunscreen		
			□ Passport		Fan (tra	ivel sized)		
			☐ Confirmations e.g., car, pickups, etc.		Camera	is		
			(if no hard copies, then saved in		Selfie stick Underwater camera/GoPro			
			retrievable format without need for					
			internet)		Additio	nal gear		
			Snacks (non-liquid)			Beach towel & bag		
			Empty refillable bottle (grab water after			Snorkeling		
			making way through security)			Skiing		
			Travel pillow & blanket			Golfing		
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