



## DOCUMENTATION/TRAVEL ESSENTIALS

- ☐ **Entry Requirements – Per Country**
- ☐ **GLOBAL ENTRY/TSA CARD**
- ☐ Tickets / boarding pass
- ☐ Itineraries / Reservations/ Resort Info
- ☐ Ground Transportation
- ☐ Check public transport links/cab/UBER
- ☐ Directions – Google Maps
- ☐ Passport / Visa
- ☐ Driver's license/State Issue ID
- ☐ Insurance: Travel & Health
- ☐ US cash (small bills)
- ☐ Foreign currency (check rates)
- ☐ Credit Cards
- ☐ Setup Travel Plan w/ credit/debit card
- ☐ Check-in online
- ☐ Check weather forecasts
- ☐ Phrase book / dictionary/ Translation App
- ☐ Local maps / guide books
- ☐ Pen(s), pencil, highlighter
- ☐ Small notepad/Sticky notes
- ☐ Good Book
- ☐ Tumbler / Reusable Water Bottle

## CLOTHIN/PERSONAL CARE

- ☐ Comfortable Shoes/ Sandals sightseeing
- ☐ Flip Flops/Shower shoes/ Water shoes
- ☐ Undergarments & Socks
- ☐ 3-5 Casual Shirts (Men: Collared shirts)
- ☐ 2-3 Nice Tops/Dresses
- ☐ 2 pairs of shorts (White/Demin/Athletic)
- ☐ Casual wear for everyday (Sundresses, shorts, Capris)
- ☐ Formal night – (Sundays Best /After 5 attire; Men – long pants)
- ☐ Iron clothes before packing & roll (do not fold to prevent wrinkles)

- ☐ Dry cleaner – leave clothes in plastic to avoid wrinkles
- ☐ Swim Wear w/Cover-Up
- ☐ Pajamas
- ☐ Poncho/Umbrella (Protect from sun & rain)
- ☐ Glasses/Contacts /Sunglasses
- ☐ Straw Hat or baseball cap (block sun)
- ☐ Light Jacket/Shawl, scarf
- ☐ Air Fresher/Microban/Lysol
- ☐ Tide Pen/packets
- ☐ Downey wrinkle free spray
- ☐ Laundry Bag
- ☐ Sewing kit, safety pins
- ☐ Extra empty bag for souvenirs
- ☐ **COVID: Masks**

## FIRST AID- PLACE IN PLASTIC BAGGIE

- ☐ **PRESCRIPTION MEDS - take prescription w/ medication – or in original bottles**
- ☐ Vitamins
- ☐ Band aids / Q-tips/Cotton Balls/
- ☐ Alcohol swabs
- ☐ Antibiotic creams (Neosporin)
- ☐ Anti-itch creams (Gold Bond/Allegra)
- ☐ Sea(Motion) sick: Natural Ginger/ peppermint, or Dramamine
- ☐ Antihistamines
- ☐ Eye drops
- ☐ Upset stomach: antacid (Tums, Rolaids, Maalox, Alka-seltzer)
- ☐ **Activated Charcoal Tablets**
- ☐ Anti-diarrhea
- ☐ Colds: Robitussin, Vicks Rub, Alka-Seltzer
- ☐ Pain: BC, Aspirin, Tylenol, Advil, Ibuprofen
- ☐ Bug Spray
- ☐ Hand Sanitizer

## HYGIENE/HAIR CARE

- ☐ Body wash / Body powder
- ☐ Body spray/Cologne/Perfume
- ☐ Deodorant
- ☐ Face Wash/Toner/Moisturizer - Make up
- ☐ Mouthwash
- ☐ Toothpaste & Toothbrush w/ cover
- ☐ Lip Balm (SPF)
- ☐ Razors/Shave Gel
- ☐ Flushable/ Disinfectant wipes
- ☐ Sunscreen (at least SPF 50)
- ☐ Wrap lotion / Mousse / Gel
- ☐ Bandana / satin cap / Hair Ties
- ☐ Rollers/Curl Iron/Flat Iron
- ☐ Oil / Hair dressing/ Hair Spray
- ☐ Shampoo / Conditioner
- ☐ Brush & comb
- ☐ Pads/Tampons

## HOME

- ☐ Dry Snacks
- ☐ Set out of office e-mail, VM message
- ☐ Arrange payment for bills falling due
- ☐ Suspend deliveries / subscription services
- ☐ Place Mail on vacation
- ☐ Adjust heating / air-conditioning
- ☐ Unplug unused appliances & equipment
- ☐ Check fridge for perishables
- ☐ Put out garbage & recycling
- ☐ Lock windows & doors
- ☐ Keep house keys secure but accessible
- ☐ Check / set security & smoke alarms

## TECHNOLOGY- FOREIGN COUNTRIES NEED ADAPTER

- ☐ Camera/Cell Phone/Laptop,
- ☐ charger, adapter, memory card, battery
- ☐ ear buds