

Reminder: If you wish to edit this list, click **File** then select **Make a Copy** from the menu above.

Physical Documents

- Driver's license
- Passport
- Credit card(s)
- Debit card(s)
- Cash
- Health insurance card
- Vaccination info

Digital Documents

- Copy of driver's license
- Copy of passport
- Copy of vaccination info
- Copy of flight information
- Copy of hotel reservation

Electronics

- Phone
- Laptop
- Kindle
- Apple Watch
- Headphones
- Mobile power bank + USB-C cord (laptop, Kindle, headphones) + Lightning cord (phone)
- Surge protector (one with both outlets and USB connectors)
- If needed:* International adapter

Toiletries

- Prescriptions (in their original bottles with pharmacy information)
- Any other daily medications/vitamins/supplements
- Toothbrush, toothpaste, floss
- Spare contacts, contact case, and contact lens solution
- Skincare routine (make-up remover, face wash, toner, moisturizer, etc)
- Hair care routine (shampoo, conditioner, etc.)
- Body care routine (soap, lotion, etc.)
- Deodorant
- Perfume or cologne
- Sunscreen (face, body, etc.)
- Lip balm
- Hair styling routine (brush, comb, hair elastics, hairspray, etc.)

- Hair styling tools (hair dryer, curling iron, etc.)
- Make-up routine (concealer, mascara, etc.)
- Shaving supplies (razor, shaving cream, etc.)
- Nail care (clippers, file, etc.)
- Tweezers
- Cotton swabs or rounds
- First aid kit (bandages, antibacterial cream, anti-inflammatories, allergy meds, anti-nausea meds, etc.)
- If needed:* insect repellent
- If needed:* menstrual products
- If needed:* contraceptives

Clothing

- Undergarments (underwear, bras, etc.) - *aim for two pairs for each day of the trip + a few extras just in case*
- Socks (athletic, dress, etc.) - *aim for one pair of comfortable walking socks per day of the trip + any dress socks you may need for more formal events*
- Shoes (walking, dress, etc.)
- Casual clothes (shirts/blouses, jeans/pants, etc.)
- Formal clothes (dresses, suits with dress shirts and ties, etc.)
- Outerwear (light jacket, rain jacket, winter coat, etc.)
- Nightwear (pajamas, robe, slippers, etc.)
- Accessories (belts, purses, etc.)
- Jewelry (watches, rings, necklaces, etc.)
- If needed:* Cold weather (hats, scarves, gloves, etc.)
- If needed:* Warm weather (swimsuits, cover-ups, sandals, etc.)

Everything Else

- Hand sanitizer
- Hand lotion
- Disinfecting wipes
- Empty water bottle
- Umbrella
- Sunglasses
- Notebook
- Pen
- Neck pillow
- Sleep mask
- Ear plugs
- Lint roller

- Tissues
- Gum/mints
- Bag for dirty laundry
- Travel iron or mini steamer
- Sewing kit