Physical Doc	uments	
☐ Driver's	s license	
☐ Passpo	ort	
☐ Credit of	card(s)	
□ Debit c	ard(s)	
☐ Cash		
☐ Health	insurance card	
☐ Vaccina	ation info	
Digital Docum	nents	
□ Copy o	f driver's license	
□ Copy o	f passport	
□ Copy o	f vaccination info	
☐ Copy o	f flight information	
☐ Copy o	f hotel reservation	
Electronics		
☐ Phone		
□ Laptop		
☐ Kindle		
☐ Apple \	Vatch	
☐ Headpl	nones	
☐ Mobile	power bank + USB-C cord (laptop, Kindle, headphones) + Lightning cord (phone)	
☐ Surge	protector (one with both outlets and USB connectors)	
☐ If need	ed: International adapter	
Toiletries		
☐ Prescri	ptions (in their original bottles with pharmacy information)	
☐ Any oth	ner daily medications/vitamins/supplements	
☐ Toothb	rush, toothpaste, floss	
☐ Spare of	contacts, contact case, and contact lens solution	
☐ Skinca	re routine (make-up remover, face wash, toner, moisturizer, etc)	
☐ Hair ca	re routine (shampoo, conditioner, etc.)	
☐ Body c	are routine (soap, lotion, etc.)	
☐ Deodoi		
	e or cologne	
_	een (face, body, etc.)	
Lip balı		
	rling routine (brush, comb, hair elastics, hairspray, etc.)	
Hair sty	/ling 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
Clothi	ng
	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.)
Every	thing 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