



# INTERNATIONAL TRAVEL PACKING LIST

## CLOTHES & ACCESSORIES

- Tops
- Bottoms
- Evening/Dinner Clothes
- Exercise Top
- Exercise Shorts/Leggings
- Swimsuit & Cover-up
- Sneakers
- Walkable Flats/Sandals/Boots
- Evening Shoes
- Gel Inserts - for shoes
- Flip-flops
- Socks
- Underwear
- Pajamas
- Cardigan/Hoodie
- Jacket/Coat/(Raincoat)
- Scarves/(Hat)/(Gloves)
- Sunglasses
- Jewelry
- Belt
- Crossbody Bag/Backpack
- Small Evening Purse
- Laundry Bag
- Umbrella

## TOILETRIES & ESSENTIALS

- Face Wash
- Face Moisturizer/Sunscreen
- Face Serum/Toner
- Eye Cream
- Cotton Balls & Q-Tips
- Toothpaste & Toothbrush
- Lotion/Sunscreen
- Shaving Cream & Razor
- Shampoo & Conditioner
- Haircare Products
- Hair Elastics & Bobbi Pins
- Shower Cap
- Make-up & Brushes
- Make-up Remover
- Nail Clippers & File
- Vitamins/Other Medications
- Sudafed, Motrin, Tums
- Bandages & Neosporin
- Woolite Packets & Tide Stick
- Sewing Kit
- Febreze Spray
- Bedbug Spray
- Extra Bag (for souvenirs)
- Bubblewrap (for souvenirs)

## CARRY-ON BAG

- Hand Sanitizer
- Hand Lotion
- Face Sheet Mask (for moisture)
- Mini Toothbrush & Paste
- Chapstick
- Wipes - hands, wipe the plane
- Eye Mask
- Earplugs
- Pen & Notebook
- Books/Magazines
- Travel Guide & Paper Map
- Foreign Cash
- Credit Cards
- Passport
- Driver's License/State ID
- Health Insurance Card
- Phone & Charger
- Tablet/Laptop & Charger
- Headphones
- Camera, Batteries, Charger
- Foreign Plug Adaptors
- Snacks
- Ziploc Bags - all sizes
- Travel Pillow & Blanket



# INTERNATIONAL TRAVEL CHECKLIST

- Check passport expiration date.
- Research the trip - online, books.
- Prepare a budget.
- Buy plane tickets.
- Book accommodations.
- Create an itinerary.
- Download digital and buy paper maps.
- Arrange for pet care.
- Buy travel insurance.
- Inform credit cards of travel plans.
- Buy data plan from phone carrier.
- Place postal mail on hold.
- Order foreign cash from the bank.
- Check the weather.
- Pack (and weigh) luggage.
- Add books and movies to device.
- Charge phone and tablet/laptop.
- Pack carry-on bag.
- Water the plants.
- Clean out the fridge.
- Clean the dishes.
- Unplug small appliances.
- Lock up valuables.
- Take out the garbage.

NOTES