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# TRAVEL CHECKLIST

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## 1. TRAVEL DOCUMENTS AND TICKETS:

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- Valid Passport (6 months out)
- Photo ID
- Tickets (Airplane, Train, Ferry, etc. )
- Travel Insurance ID, Health Insurance ID
- Reservation Confirmations
- E-copies of official documents for emergencies

## 2. BEFORE LEAVING HOME:

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- Arrange for child, pet, and plant care; communicate needs and schedules.
- Pause routine deliveries.
- Make your home seem lived-in while away by putting lights and a radio on timers.
- Turn down thermostat.
- Leave house and car keys, and your complete itinerary, with a trusted friend.
- Lock windows, garages, and doors.
- Pay bills that are due or will become due
- Take photos of your luggage in case they get lost

## 3. IN-FLIGHT COMFORTS

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- Neck Pillow
- Reading Material, tablet
- Ear plugs and headphones
- Water bottle, after check in
- Music
- Melatonin, natural sleep aid

## 4. PACKING LIST

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- Walking shoes, hiking boots, sport shoes
- Dress shoes
- Sandals, slippers
- Dress socks
- Active wear socks

- Casual pants/shorts
- Dress slacks/belt
- T-shirts/casual tops
- Thermals/long sleeve
- Dress shirts/blouses
- Sweater
- Jacket, causal and/or dress
- Neckties/scarves
- Gloves/hats
- Heavier coat/windbreaker
- Purse or day bag
- Underwear
- Swimsuit/cover-up
- Accessories/jewelry
- Exercise and/or adventure wear and gear

\*Stick to neutral colors so it's easier to mix and match the same items multiple ways

\* Layer! Packing bulky items takes up much needed space.

\*If you're bringing heavier/bulky shoes, wear them on the plane and save that space in your bag

## 5. TOILETRIES

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- Shampoo/Conditioner/hair products
- Tooth brush & paste
- Cosmetics/Hygienic products
- Lotion
- Tweezers/nail file
- Brush/comb
- Deodorant
- Razor/shaving supplies

## 6. FOR KIDS

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- Snacks
- Coloring supplies
- Special medications
- Media players (tablet, music, etc.)
- Games/toys
- Reading materials
- Folding Stroller

- Bottles/pacifier
- Small blanket
- Formula/juice
- Diapers
- Baby wipes
- Baby lotion/powder
- Bibs

## 7. HEALTH AIDS

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- First Aid Kit
  - Vitamins
  - Sunscreen
  - Glasses/Contact lens supplies
  - Hand sanitizer/wipes
  - Mosquito spray
  - Decongestant, allergy medicine, motion sickness, etc.,
  - Antibiotic
  - Kleenex
  - Ibuprofen/Advil/Tylenol
  - Feminine Hygiene
  - Lip balm
  - Medication/prescription

## 8. TECHNOLOGY

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- Chargers (Phone, tablet, camera...)
- Camera
- Outlet adapter
- Extra Batteries
- Device cases (heavy duty, waterproof...)

## 9. EXTRAS

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- Extra bag for laundry
- Eyeglasses/sunglasses
- Umbrella
- Luggage locks
- Cash
- Diary/journal/pen

