



## Traveling Checklist

Whether you are traveling for a few days or several weeks, here is a list of items you may need to bring and a checklist of tasks to complete prior to departure. Pack light and enjoy the mobility. Good luck and happy travels!

### Clothing

- 5 shirts
- 1 sweater, lightweight fleece or sport coat
- 2 pair pants
- 1 pair shorts
- 1 swimsuit (men use shorts)
- 5 pair underwear and socks
- 1 pair of shoes/athletic shoes
- 1 rain-proof jacket
- Tie or scarf
- Hat and gloves
- Accessories/jewelry
- Skirt/dress

### Financial

- Money belt
- Cash in US dollars
- Debit card/Credit card - call bank and inform them of your itinerary
- Chip card – reusable pre-charged credit card in the currency of the country to which you are traveling. Available in the currency exchange counter in the airport.

### Documents

- Passports – make copy and keep in a different place than the actual passports. Also, email a photocopy to your email account. This will enable you to get your passport anywhere in the world.
- Trip documents/travel information
- Airline e-ticket
- Driver's license
- Student/Military ID and hostel card
- Rail pass/car rental documents
- Insurance card and information
- Maps
- Address list (email and mailing addresses)
- Notepad and pen
- Journal/reading material

### Miscellaneous

- Daypack or vest
- Sealable plastic bags
- Camera and equipment
- iPad/Laptop
- Empty water bottle
- Wristwatch and alarm clock
- Electric adapters/chargers
- Earplugs/travel pillow/headphones
- First-aid kit
- Medicine/vitamins (labeled)
- Extra glasses/contacts
- Sunscreen and sunglasses
- Toiletries/soap/travel tissues
- Laundry soap and clothesline
- Small towel
- Sewing kit
- Umbrella
- Snacks/travel games/playing cards

### To do (prior to leaving)

- Stop mail and newspapers
- Change telephone, cell phone and email messages
- Leave itinerary with a neighbor and friend
- Alarm company - change emergency contact list
- Arrange for pet and plant care