

Travel packing checklist

Choose only what fits your trip. Check items digitally or print these pages.

Trip: _____ Dates: _____ Laundry: _____

Essential documents

- Passport or required travel document
- Accepted ID for the journey
- Visa or travel authorization, where required
- Boarding and ticket information
- Accommodation address and confirmation
- Insurance details, if applicable
- Emergency contacts and protected document backups

Money

- Main payment card
- Backup payment method stored separately
- Appropriate local cash
- Issuer contact details and fee information

Clothing

- Underwear and socks for the laundry plan
- Mix-and-match everyday tops and bottoms
- Sleepwear
- Weather-appropriate outer layer
- Comfortable walking shoes
- Activity-specific outfit, if needed
- Laundry bag and planned washing supplies

Toiletries

- Toothbrush, toothpaste and dental essentials
- Personal washing and hair-care essentials
- Deodorant and grooming items
- Menstrual or personal-care supplies, if needed
- Sun protection suited to the trip
- Compliant liquid containers and bag for checkpoints

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Electronics

- Phone and charging cable
- Compatible wall charger
- Permitted power bank in cabin baggage
- Headphones, if useful
- Camera or laptop only if needed
- Correct plug adapter; device voltage checked

Medication and health

- Personal medication in original labeled containers
- Required prescriptions, letters or permits
- Glasses, contacts and related supplies
- Personal health supplies agreed with your clinician
- Small first-aid items suited to planned activities
- Required health documentation, if applicable

Carry-on essentials

- Documents, wallet, keys and essential medication
- Valuables and irreplaceable items
- Phone, charger and permitted spare batteries
- One clothing change and basic toiletries
- Warm layer for the journey
- Empty refillable bottle where suitable
- Permitted snack; border restrictions checked

International extras

- Entry and transit requirements checked
- First-night address saved offline
- Destination emergency numbers
- Compatible phone plan, SIM or eSIM arranged
- Offline maps and useful translated phrases
- Copies of documents stored securely
- Return or onward details where required

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Beach additions

- Swimwear and cover-up
- Sun hat and sunglasses
- Beach footwear
- Towel only if not provided
- Water-resistant pouch, if useful

Cold-weather additions

- Base layer and insulating layer
- Weather-resistant outer layer
- Warm hat, gloves and scarf
- Suitable socks and footwear
- Activity equipment or rental reservation

Business additions

- Required work outfit and shoes
- Laptop, charger and necessary adapters
- Presentation or meeting files available offline
- Meeting address and contact details
- Work credentials or event confirmation

Family additions

- Each child's required travel documents
- Consent or relationship documents where needed
- Age-appropriate food and feeding supplies
- Diapers or toileting supplies, if needed
- Comfort item and simple entertainment
- Spare clothing accessible during the journey
- Approved child-restraint arrangements, if needed
- Child-specific medication and care information