

# SUGGESTED TRAVEL CHECKLIST

PRE-DEPARTURE:	BASICS:
Register on the US Embassy STEP Website	Luggage / Travel Pack With ID Tags & Locks
Passport / Visa / Birth Certificate	Travel Clothing
Personal Photo ID (such as Driver's License)	Rain Protection
Health Documentation	Travel Footwear
Transportation / Airline Tickets	Visor or Brimmed Hat
Hotel Reservations	Camera
Insurance	Beach Bag /travel bag / small cross body purse
Money (\$1 & \$5 bills) for tipping	Sunglasses
Phone Charger	Water Bottle
Emergency Information	Earbuds/Head Phones
Extension Cord for charging electronics in room	Reading Materials
Trip Cancellation/Medical Insurance	Swimwear (2-3 swimsuits/swim trunks etc)
Personal Identification	Travel Journal
Photocopies of Passports	Scarf / Bandana
Minor Custody Affidavit (if applicable)	Games / Playing Cards/ Activities for kids while on plane
Event Reservations (art, festivals, sporting events, etc.)	Flip Flops, Sandals and comfortable walking shoes
MAINTENANCE ITEMS:	MEDICATION:
Flashlight Batteries / Bulb	Vitamins
Matches or Lighter	Aspirin / Pain Reliever
Camera Batteries	Cold Medicine
Mini Sewing / Repair Kit	Contact Lens Preparation
Duct Tape	Diarrhea Medicine
Portable Lightweight Travel Iron or Steamer	Laxative
Travel Clothesline & Clothespins	Insect Repellent
Sink Stopper for Hotel Sinks	Sunscreen
Mesh Bag for Dirty Laundry	Sunburn Relief (Aloe gel)
Ziploc Plastic Bags	Antibiotic Cream/ hydrocortisone cream
TOILETRIES:	HOME CHECKLIST:
Comb / Brush	Stop / Hold Mail & Deliveries
Toothbrush / Paste	Arrange For Care Of Pets / Lawn / Plants
Dental Floss	Set-Up A Timed Lighting System
Deodorant	Check Timed Night Lighting System
Soap: Personal & Laundry	Notify Local Police / Security Of Your Absence
Skin Care Lotions / Creams	Leave House Key & Trip Itinerary With Neighbor
Make Up	Empty Refrigerator
Mirror	Eliminate Fire Hazards (unplug appliances, etc.)
Manicure Articles	Turn Down Thermostat
Shampoo	Turn Off Water Heater
Sunscreen / Lip Balm	Store Valuables In A Safe Place
Towelettes	Lock All Doors And Windows
Shaving Cream	
Blow Dryer	
Feminine Products	
Towel / Washcloth	
Nalgene® Bottles (for shampoo & laundry soap)	

## 10 ESSENTIALS:

1. **Everyday Bag:** In transit it will hold all of the valuables you want to keep close like tickets, camera & reading material.
2. **First-Aid Kit:** A compact health kit is a must for every traveler.
3. **Passport / Money Carrier:** To keep these items secure.
4. **Travel Watch / Alarm:** It should be quartz or battery operated, lightweight, water resistant, shock resistant and reliable.
5. **Swiss Pocket Knife:** May find the following features useful - basic blade, can / bottle opener, scissors, tweezers and corkscrew.
6. **Electrical Converter / Adapter:** This allows you to use your personal appliances abroad.
7. **Flashlight / Head Lamp:** Light a hallway, read in a train compartment, or study a map under the stars.
8. **Sunglasses:** Protect your eyes from harmful ultraviolet and infrared radiation, especially if you are traveling at higher altitudes.
9. **Travel Organizer:** The ultimate in convenience for carrying identification, tickets, trip itineraries, receipts and addresses.
10. **A Positive Attitude:** Travel sometimes means unexpected delays or detours. So, remember always to take along a big smile.

*As a reminder, most all-inclusive resorts have a dress code for specialty restaurants; beachwear & flip flops are not allowed in most - suggested: casual attire that may include, sundresses, capri pants, bermuda shorts etc*