

Travel Information

- ___ Itinerary
- ___ Air/Bus/Train tickets
- ___ Passport/Visa
- ___ Photo identification
- ___ Medical prescriptions
- ___ Travel Insurance
- ___ Lodging confirmation
- ___ Car rental information
- ___ Maps/travel guides
- ___ Vaccination records
- ___ Important phone numbers
- ___ Credit Cards/ATM card
- ___ Cash/Travelers checks

Business Items

- ___ Work documents
- ___ Briefcase
- ___ Pen and pad/planner
- ___ Business cards
- ___ Presentation materials
- ___ Business itinerary
- ___ Contact information
- ___ Event tickets

Electronic Items

- ___ Laptop computer/charger
- ___ Cell phone/charger
- ___ PDA/charger
- ___ GPS/charger
- ___ Calculator
- ___ MP3 player/charger
- ___ Headphones
- ___ Alarm clock
- ___ Audio recorder
- ___ Flash drive

Health Items

- ___ Prescriptions (labeled)
- ___ Non-prescription medicine
- ___ Aspirin/Ibuprofen
- ___ Vitamins
- ___ Birth control
- ___ Feminine hygiene
- ___ Ear plugs

Toiletries/Bath

- ___ Toothbrush
- ___ Toothpaste
- ___ Dental floss
- ___ Shampoo/conditioner
- ___ Hand soap
- ___ Shaving kit
- ___ Laundry soap
- ___ Laundry bag
- ___ Makeup
- ___ Cold cream
- ___ Deodorant
- ___ Comb/hairbrush
- ___ Moist towelettes
- ___ Lip balm
- ___ Lotion
- ___ Hair spray
- ___ Perfume/cologne
- ___ Hair dryer
- ___ Curling iron
- ___ Shower cap
- ___ Tissues
- ___ Sunburn treatment
- ___ Tweezers
- ___ Nail clippers
- ___ Contact lens solution

Men's Clothing

- ___ Business Suit
- ___ Sport jacket
- ___ Dress shirts
- ___ Belts
- ___ Neck Ties
- ___ Dress socks
- ___ Shorts
- ___ Handkerchiefs
- ___ Casual socks
- ___ Sweat suit/workout outfit
- ___ Casual pants/jeans
- ___ Casual shirts
- ___ T-shirts/undershirts
- ___ Underwear briefs/boxers
- ___ Sweater/sweat shirt
- ___ Robe/pajamas
- ___ Suspenders

Women's Clothing

- ___ Skirts
- ___ Dresses
- ___ Business suit
- ___ Blouses
- ___ Slacks/pants/jeans
- ___ Shorts
- ___ Knit shirts
- ___ T-shirts
- ___ Stockings
- ___ Panty hose
- ___ Lingerie
- ___ Panties
- ___ Purses
- ___ Fitted jacket
- ___ Sweaters
- ___ Underwear/bras
- ___ Nightgown
- ___ Robe
- ___ Bras
- ___ Jewelry/accessories

Weather Items

- ___ Coat/jacket
- ___ Raincoat/umbrella
- ___ Gloves
- ___ Knit cap
- ___ Sun hat/visor
- ___ Sunglasses
- ___ Sandals/flip flops
- ___ Swimsuit
- ___ Sunscreen
- ___ Beach towel
- ___ Scarf
- ___ Insect repellent
- ___ Water bottle

Footwear

- ___ Dress shoes
- ___ Casual shoes
- ___ Athletic footwear
- ___ Slippers
- ___ Galoshes/shoe covers
- ___ High heel shoes
- ___ Shoe inserts/deodorizers

Emergency Items

- ___ First aid kit
- ___ Small flashlight
- ___ Health insurance card
- ___ Copies of passport
- ___ Carry-on medications
- ___ Medical alert identification
- ___ Health provider contacts
- ___ Antacids
- ___ Spare eyeglasses
- ___ Allergy medication
- ___ Motion sickness medicine
- ___ Self defense spray/whistle
- ___ Money belt/clip
- ___ Pocket multi tool
- ___ Contact for lost credit card
- ___ Antibiotic ointment
- ___ Diarrhea medication
- ___ Laxative

Photography/Video

- ___ Camera
- ___ Film/memory cards
- ___ Camcorder
- ___ Videotape/memory
- ___ Extra batteries/chargers
- ___ Camera/video case
- ___ Tripod
- ___ Binoculars
- ___ Extra lenses
- ___ Instruction Manuals

Miscellaneous

- ___ Playing cards
- ___ Handheld gaming device
- ___ Reading materials
- ___ Journal
- ___ Headphones
- ___ Fanny pack/day pack
- ___ Luggage tags
- ___ Luggage cart
- ___ Snacks
- ___ Rubber bands/safety pins
- ___ Luggage locks
- ___ Sleeping eye covers