



## Travel checklist

You will not need everything on this list. Mark a ✓ by the items you need as you pack them and an X by the items you do not need for this trip. I have let a few blank spaces for you to add items personal to you.

<b>Miscellaneous</b>	<b>Toiletries</b>
Sunglasses	Travel towel
Address book	Nail file & clippers
Mini sewing kit	Tweezers
Safety pins	Ear plugs
Pen/pencil	Suntan Lotion
Small notepad	After sun Lotion
Document pouch/wallet	Body lotion
Suitcase	Deodorant
Baggage security	Tooth paste
Small carrying bag/day bag	Tooth brush
Laundry bag	Lip balm
Wash cloth & zip lock bag	Feminine products
Laundry soap	Small mirror
Washing line	Birth control
Travel hangers (hotels never have enough)	Shampoo
Beach shoes	Conditioner
Swimming goggles	Soap
Sun hat	Shower gel
Sun/rain umbrella	Face wash
Alarm clock	Hair styling products
Mini calculator	Blow dryer
Deck of cards	Straightening iron
Flashlight	Shaving oil/cream
Flight socks	Razor
The book you have always wanted to read	Q-tips
Neck pillow & eye shield	Folding scissors
	Mosquito repellent
	Multi size bath plug

Using a small toiletry bag, create a mini medical kit that you can through in your handbag while visiting exotic foreign lands. It is so much better to have a small selection of medication you are familiar then trying to find medication in a foreign language when you are not feeling at your best.

<b>Medical</b>		<b>Contact Details</b>	
Antiseptic cream or wipe		Phone number for the friend looking after your home.	
Diarrhoea relief		Lost credit card contact number	
Laxative		Embassy contact number	
Eye drops		Flight ticket number	
Antihistamine		Tour operator contact details	
Headache tablets			
Assorted plasters			
Travel Sickness tablets			
Cold and flu relief		<b>Paperwork</b>	
Water purifying tablets		Driving licence	
Rehydration sachets		Travel Insurance document	
Throat lozenge		Passport	
Hand wipes		Bank cards	
Insect repellent		Visas	
Insect-bite cream		Airline tickets	
Antibacterial hand gel		Photocopy of above	
Mosquito net		Extra passport photos	
Toilet paper		Travellers checks	
Malaria tablets		Scuba ID and log book	
Injection kit		Credit cards	
		Small amount of money for connecting country and destination	
<b>Technical</b>			
Online Passwords			
Camera, video, computer chargers			
Travel adaptor			
Camera			
Mp3 players			
Memory stick			
Mobile phone			
Headset			

In the ever changing travelling world we are living in, always double check what is OK to have in your carry-on and what needs to be packed in your suitcase.

Have a great holiday.