Personal Travel Checklist

PRE-DEPARTURE
☐ Get your FXCheatSheet
☐ Passport
☐ Visa
☐ Health Documentation
☐ Transportation Tickets
☐ Emergency Information
☐ Insurance
☐ Hotel Reservations
☐ Traveler's Checks
☐ Currency
☐ Credit Cards
☐ Guide Books and Maps
☐ Trip Cancellation/Medical Insurance
☐ Personal Identification
☐ Photocopies of Documentation
☐ Special Event Reservations (art, popular festivals, sporting events)

BASICS
☐ Luggage/Travel Pack

Travel Clothing
☐ Rain Protection
☐ Travel Footwear
☐ Visor or Brimmed Hat
☐ Camera, Film
☐ Video Camera, Tapes
☐ Radiation Shield for Film
☐ Water Bottle
☐ Language Books
☐ Reading Materials
☐ Address Book
☐ Travel Journal
☐ Scarf/Bandanna
☐ Games/Playing Cards
☐ Binoculars
☐ Travel Lock
☐ Luggage I.D. Tags

MAINTENANCE ITEMS
☐ Flashlight Batteries/Bulb
☐ Matches or Lighter
☐ Camera Batteries
☐ Mini Sewing/Repair Kit
☐ Duct Tape
☐ Portable Lightweight Travel Iron or Steamer
☐ Travel Clothesline & Clothespins
☐ Sink Stopper for Hotel Sinks
☐ Mesh Bag for Dirty Laundry
☐ Zipclose Plastic Bags
MEDICATION
Please consult your local health center or personal physician for help in planning your trip's medication needs.
Aspirin/Pain Reliever

Cold Medicine
☐ Contact Lens Preparation
☐ Diarrhea Medicine
☐ Laxative
☐ Insect Repellent
☐ Sunscreen
☐ Sunburn Relief
☐ Antibiotic Cream
☐ Malaria Pills
☐ Motion Sickness Medicine
☐ Personal Hygiene Items
☐ Personal Prescription
☐ Water Purification System
☐ Vitamins

TOILETRIES
☐ Comb/Brush
☐ Toothbrush/Paste
☐ Dental Floss
☐ Deodorant
☐ Soap: Personal and Laundry
☐ Skin Care Lotions/Creams
☐ Make Up
☐ Mirror
☐ Manicure Articles
☐ Shampoo
☐ Sunscreen/Lip Balm
☐ Towelettes
☐ Shaving Cream
☐ Blow Dryer
☐ Towel/Washcloth
☐ Nalgene® Bottles (for shampoo & laundry soap)

HOME CHECKLIST
☐ Stop deliveries
☐ Have Post Office hold mail
☐ Arrange for care of pets, lawn and house plants
☐ Set-up a timed lighting system
☐ Check timed night lighting system
☐ Notify local police of your absence
☐ Leave house key and trip itinerary with a neighbor
☐ Empty refrigerator
☐ Eliminate possible fire hazards (unplug appliances, etc.)
☐ Turn down thermostat
☐ Turn off water heater
☐ Store valuables in a safe place
☐ Lock all doors and windows
10 ESSENTIALS

- Everyday Bag: In transit it will hold all of the valuables you want to keep close: tickets, mini-camera and reading material.
- First-Aid Kit: A compact travel health kit is a must for every traveler.
- Passport/Money Carrier: It is absolutely essential to keep your passport and money secure.
- Travel Watch or Alarm: It should be quartz or battery operated, lightweight, water resistant, shock resistant and reliable.
- Pocket Knife: Travelers might find the following features handy: A basic blade, can and bottle opener, scissors, tweezers and corkscrew.
- Electrical Converter/Adapter: This allows you to use your personal appliances abroad.
- Flashlight/Head Lamp: Light a hallway, read in a train compartment, or study a map under the stars.
- Sunglasses: Protect your eyes from harmful ultraviolet and infrared radiation, especially if you are traveling at higher altitudes.
- Travel Organizer: The ultimate in convenience for carrying identification, tickets, trip itineraries, receipts and addresses.
- A Positive Attitude: Travel sometimes means expecting the unexpected: delays, detours, unfamiliar surroundings, strange languages and funny money. So, remember always to take along a big smile.