

# Packing Checklist

By Fae Fisher

- Documents**
  - Tickets** Book well in advance for better deals.
  - Passports / visas** This should also be done well ahead of time.
  - Medical and vaccination records** Check with your doctor for needed shots in some foreign countries.
  - Confirmations** For hotels, car rentals or anything else that you have planned or prepaid that provided an invoice.
  - Identification** Carry your driver's license (or other ID).
  - Membership cards** If you plan to use AARP or AAA for discounts, you must show your card at check-in.
  - Money** Just enough cash for small transactions, only one or two credit cards, and Traveler's Checks.
  - Guidebook(s)** When traveling to new locations, familiarize yourself before you leave home and bring a good guidebook and map with you.
  - Copies** Have duplicates of all important documents you will be taking.
  - Important phone numbers** Put these into your cell phone for easy access.
- Personal/Hygiene**
  - Bottles** Make sure you get only travel approved portions of body lotion, face wash, eye drops, shaving cream, lip balm, cologne/perfume, cosmetics, deodorant, hand sanitizer, and mouthwash.
  - Hair Care** Includes shampoo, conditioner, hairspray, and any hair care appliances.
  - Kits** Shaving kit and nail care kit should be packed in checked luggage.
  - Oral care** Don't forget dentures/denture adhesive, toothbrush, toothpaste, and floss.
  - Feminine hygiene products** If needed, pack maxi pads, tampons or pantliners.
- Clothing/Accessories**
  - Underthings** Pack a pair of underwear for each day plus one extra.
  - Travel clothes** Wear comfortable clothing in layers to adjust for temperature changes.
  - Footwear** Easy to remove, comfortable and adaptable walking shoes will work for every situation except dress wear.
  - Timekeeping** Always wear a dependable but not too expensive watch.
  - Swimwear** If you plan to hang out on the beach or by the pool. Also pack sunscreen and other items.
  - Coat/ jacket** Plan for the unexpected, even if you only might need a windbreaker.
  - Sleepwear** Pajamas are one of the most forgotten items.

- Dress up** For formal occasions pack one good dress or other outfit including belt, shoes and jewelry.
- Sports** Whatever your sport, be sure to pack what you need to do it in order to avoid expensive last minute purchases at your destination.
- Medications**
  - Original bottles or paperwork** Even if you have a week's supply in a portioned container, bring proof that the prescriptions are legal.
  - Contraceptives** Another oft forgotten item that is a must-have.
  - Motion sickness meds** If you have trouble flying or with high altitudes, these are very important.
  - Children's meds** Kids need different doses than adults, so pack appropriately.
  - Sleeping pills** If you are going across multiple time zones, you may need help adjusting your sleeping patterns.
- Miscellaneous items**
  - Wipes** Including tissues, antibacterial moist towelettes, paper towels and travel toilet paper rolls.
  - Gadgets** Cell phone or blackberry, iPod or mp3 player, and netbook or laptop.
  - Comfort items** An inflatable pillow, earplugs, eye mask, and a travel blanket can make coach more comfortable.