

Travel packing checklist

Essentials to pack in your suitcase

Women's clothing

- | | |
|---|--|
| ☐ Camisoles / T-shirts | ☐ Sandals |
| ☐ Sweaters / Shirts | ☐ High-heeled shoes |
| ☐ Raincoat | ☐ Walking shoes |
| ☐ Swimwear | ☐ Underwear |
| ☐ Pants / Jeans | ☐ Socks |
| ☐ Pyjamas | ☐ Sportswear |
| ☐ Dresses / Skirts | |
| ☐ Shorts / Capris | |

Men's clothing

- | | |
|---|--|
| ☐ Camisoles / T-shirts | ☐ Sandals |
| ☐ Sweaters / Shirts | ☐ Walking shoes |
| ☐ Raincoat | ☐ Underwear |
| ☐ Swimwear | ☐ Socks |
| ☐ Pants / Jeans | ☐ Sportswear |
| ☐ Shorts | |
| ☐ Pyjamas | |

Toiletry bag

- | | | |
|--|---|--|
| ☐ Lip balm with UV protection | ☐ Elastics | ☐ Feminine hygiene products |
| ☐ Toothbrush / Toothpaste | ☐ Hair gel / Hairspray | ☐ Razor and shaving foam |
| ☐ Nail clippers / File | ☐ Wet wipes | ☐ Mouthwash / Dental floss |
| ☐ Moisturizing cream | ☐ Pocket tissues | ☐ Soap / Shower gel |
| ☐ Sunscreen | ☐ Facial care products | ☐ Hair dryer / Flat iron |
| ☐ After-sun care | ☐ Perfume | ☐ Shampoo / Conditioner |
| ☐ Cotton buds | ☐ Comb / Brush | ☐ Contact lens solution |
| ☐ Deodorant | ☐ Eyebrow tweezers | ☐ Cosmetics / Make-up remover |

Travel pharmacy kit

- ☐ Painkillers
- ☐ Antihistamines
- ☐ Insect repellent
- ☐ Analgesic cream
- ☐ Eye drops
- ☐ Anti-diarrhea medication
- ☐ Anti-nausea medication
- ☐ Prescription drugs
- ☐ Dressings
- ☐ Condoms / Contraceptives
- ☐ Rehydration sachets
(in case of diarrhea)

Accessories

- ☐ Jewelry
- ☐ Cap
- ☐ Belt
- ☐ Hat
- ☐ Sunglasses
- ☐ Watch
- ☐ Rucksack
- ☐ Beach Bag
- ☐ Handbag

Essential documents

- ☐ Cash
- ☐ Medical / Travel insurance
- ☐ Airline tickets
- ☐ Credit cards
- ☐ Emergency phone numbers
- ☐ Passport
- ☐ Visa (if required)
- ☐ Driving license

Electronic devices

- ☐ Adapter (if required)
- ☐ Camera
- ☐ Charger / Portable charger
- ☐ Earphones
- ☐ Cell phone / Tablet

Miscellaneous

- ☐ Ear plugs
- ☐ Chewing gum
- ☐ Playing cards
- ☐ Books and magazines
- ☐ Travel pillow
- ☐ Pen and paper
- ☐ Plastic bag (for dirty or wet laundry)