

WHAT TO BRING ON A TRIP

Documents

- Passport
- Visas
- Drivers licence
- Hotel/hostel contact info
- Vaccination certificate
- Health insurance documents
- Reservations & itineraries
- Copies of tickets/passport/drivers licence
- Student ID/Int'l discount cards
- Emergency address list/information
- Guide book/maps
- Cash (Foreign & local currency)
- Emergency money
- Credit card/debit card
- Wallet
- Travelers check
- Language book / translator / phrase book
- Membership cards
- Travel journal

Tickets, reservations

- Airline tickets
- Book hotel/hostel
- Rental car
- Boat tickets
- Train tickets
- Bus tickets

Bags, cases, and packing

- Carry-on bag (small back-pack)
- Backpack/Suitcase
- Luggage tags
- Luggage keys/locks
- Purse
- Ziplock bags
- Packing cubes
- Safety pins

Bags, cases, and packing

- Rubber-bands
- Neck Pouch
- Money belt
- Backpack rain cover
- Cool bag
- Ice pack (Ice bag)
- Fanny pack
- Dry bag

Clothes: Basics

- Bras
- Underwear
- Socks (thin cotton, thermal, wool)
- Pajamas, sleepwear

Clothes: Casual

- Polos / T-Shirts / Casual shirts
- Jeans / Casual pants
- Tank tops
- Short sleeve shirts
- Shorts

Clothes: Outerwear

- Cap
- Jacket (wind breaker)

Clothes: Dressy

- Long sleeve dress shirts
- Dress pants
- Dresses
- Skirts
- Blazers
- Ties
- Suit

Please don't bring every item on that list!
Choose only the items that you really need

WHAT TO BRING ON A TRIP

Shoes

- Shoes
- Walking shoes/Sneakers
- Hiking boots
- Shower shoes
- Dress shoes
- Dress sandals
- Heels

Accessories

- Belt
- Sunglasses/case/strap
- Watch
- Barrettes, headbands, hair ties
- Jewelry

Toiletries

- Toothbrush / Toothpaste
- Deodorant
- Feminine hygiene, tampons/pads
- Toiletry bag
- Hair brush/comb
- Shampoo/conditioner
- Soap/cleansers
- Shower cap
- Sunblock
- Baby wipes (Towelettes)
- Shaving gel/foam
- Razor/electric shaver
- Cotton swabs (Q-Tips)
- Nail clippers
- Towel/washcloth
- Dental floss
- Perfume/Aftershave
- Make-up
- Makeup remover
- Hair products (wax, mousse, gel, spray, etc.)
- Cotton balls

Toiletries

- Mouthwash
- Mirror
- Lip balm
- Moisturizer
- Tweezers
- Nail file
- Tissues/toilet paper
- Foot powder
- Travel hair dryer
- Body lotion for after-sun

Laundry

- Laundry bag
- Stain remover
- Sewing kit
- Laundry detergent
- Sink plug

Sleeping gear

- Ear plugs
- Eye shade / Sleeping mask
- Travel pillow
- Pillowcase
- Sheets (Bed covers)
- Sleep aids

Electronics & gadgets

- Electric Converters
- Cell phone (+charger)
- iPod/MP3 player (+charger)
- Headphones
- Alarm clock
- Laptop/tablet computer/iPad (+charger)
- GPS
- Portable DVD player
- Double headphone jack
- Extra batteries

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WHAT TO BRING ON A TRIP

Camera equipment

- Digital camera (+charger)
- Memory cards
- Camera cables
- Camera bag
- Video camera (+charger)
- Extra lenses
- Tripod

Health & medications

- Pain/aspirin medication
- Prescription medicine
- First aid kit
- Diarrhea medicine
- Sunscreen
- Sunburn relief
- Glasses
- Contact lens kit
- Insect repellent
- Birth control pills
- Contraception/condoms
- Hand sanitizer
- Motion sickness medicine
- Allergy medication
- Cold/sinus medication
- Vitamins
- Band-aids
- Laxative
- Throat lozenges
- Antibiotic ointment
- Iodine
- Anti-acid tablets
- Antibiotics
- Antihistamine tablets, cream or liquid (for bites and stings)
- No-water washes
- Oral rehydration salt sachets
- Thermometer

Health & medications

- Acetaminophen or ibuprofen for babies & kids
- Measuring implements for liquid medicines like plastic spoons or syringes

Food

- Dry food & protein bars
- Snacks/drinks
- Water Purification System/filter
- Water bottle
- Chewing gum (for the plane)

Extras & others

- Pocket knife or Multi tool
- Flashlight & batteries
- Head lamp (LED)
- Utility ropes
- Water purification system/filter
- Mosquito net
- Candle
- Duct tape
- Pepper spray canister
- Compass
- Scissors
- Pen/s
- Calculator
- Gift list
- Reading materials
- Playing cards/games
- Lock
- Musical instrument/song books
- Gifts for new friends
- Family pictures

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For a hot/sunny vacation

- Sun hat
- Swim trunks / briefs
- Swimsuit / bikini
- Swimsuit coverup or sarong
- Kids' swimwear
- Water safety devices for kids
- Beach toys
- Beach towel
- Beach blanket
- Flip-flops/slippers
- Sandals
- Beach bag

For a cold/rainy vacation

- Long thermal underwear
- Raincoat
- Scarf/neckwarmer
- Gloves/mittens
- Warm hat
- Sweaters
- Umbrella

For a ski trip

- Waterproof ski jacket
- Waterproof ski pants
- Waterproof socks
- Ski gloves
- Ski helmet, ski hat
- Ski boots
- Ski bindings
- Ski goggles
- Ski poles
- Skis
- Snow board
- Ski lock
- Ski clip

For a hiking/hunting trip

- Trekking poles
- Hiking boots
- Binoculars
- Climbing harness & boots
- Gaiters
- Carabiners, Locking carabiners

For a fishing trip

- Water shoes
- Fishing license
- Fishing rod/reel
- Hooks
- Tackle boxes
- Sinkers
- Bait

For a diving trip

- Diving certificate
- Diving log
- Fins
- Diving mask
- Snorkel
- BCD
- Diving regulator & octopus
- Depth Gauge
- Submersible Pressure Gauge (SPG)
- Dive watch
- Dive compass
- Wet suit
- Dive lights
- Dive knife
- Dive bag
- Diving gloves
- Dive Boots/Shoes
- Dive tables/dive computer
- Save-A-Dive Kit
- Weight belt, Weights

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WHAT TO BRING ON A TRIP

For a diving trip

- Diving tank
- Dive flag
- Safety sausage
- Dive whistle
- Underwater camera/camcorder
- Buddy line
- Dive slate/pencil
- Lifting bag

For a camping trip

- Camp stove without fuel (buy fuel at destination if flying, check for availability)
- Tent (setup checked)
- Water proof matches / fire starters
- Eating utensils (cutlery)
- Drinking cup
- Plates / bowls
- Pot / frying pan / cook set
- Dish soap
- Charcoal/firewood/buddy burner
- Seasonings/sugar/condiments
- Paper towels
- Trash bags
- Tarp or ground cloth
- Shade tarp
- Campfire grill/BBQ grill
- Skewers/grill forks
- Tongs / spatula
- Tablecloth/thumb tacks/clips
- Aluminum foil
- Scrub pad
- Can opener
- Cooking oil
- Water jug / bucket
- Thermos
- Containers for food storage
- Cutting board

For a camping trip

- Potato peeler
- Folding shovel & pick
- Wood saw
- Axe / hammer

Babies & Kids

- Baby food
- Bottle brush
- Bottles and teats
- Disposable presterilised bottles
- Baby formula
- Cloth squares (to use as bibs, adult shoulder protectors, etc)
- Sterilising equipment
- Food container, spoons
- Plastic or disposable bibs
- Emergency nibbles (crackers, raisins, etc)
- Toilet equipment (potty, waterproof mat)
- Wet wipes
- Shawl for breastfeeding
- Portable changing mat
- Diaper bag, Diapers
- Diaper rash cream
- Pacifiers
- Child carrier
- Clothes (Onesies, etc)
- Baby shoes/sandals
- Toys, books
- Baby blanket
- Mosquito net for the stroller
- Baby stroller
- Car seat
- Travel cot
- Bedding

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