

# TRIP CHECKLIST

## Documents, Etc.

- Passport
- Visa
- Money
- Money belt (advised)
- Bible
- Notepad (for journal, etc.)
- Pen and/or pencil

## Clothes

- Cotton clothing (recommended for hot countries)
- Travel clothes (pants, sweat suit)
- Nice dress and jacket
- Shirts/Slacks (men)
- Sweater or jacket
- Slip
- Underwear
- Shoes (dress, flat, walking—all closed-toe)
- Rain boots (or shoes to get wet) (optional)
- Sleeping apparel
- House slippers or flip-flops
- Robe/Cover-up

## Personal Hygiene/Comfort

- Towel and washcloth
- TOILET PAPER!
- Small individual packages of tissues
- Deodorant (please)
- Toothbrush and toothpaste
- Dental floss
- Soap
- Disposable razor and shaving cream
- Q-tips®

- Shampoo and hair spray
- Disposable Wash'n Dri® towelettes
- Feminine hygiene items
- Sunscreen
- Liquid laundry soap
- Band-Aids® (cloth ones are best)
- Tweezers
- Make-up mirror
- Sunglasses

## Personal Health Care Products

- Imodium®
- Aspirin or Tylenol®
- Antihistamine and/or decongestant
- Antacid
- Anti-nausea (Dramamine®, Scopolamine, etc.)

## Electric Items

- Travel sized hair dryer (dual voltages)
- Travel iron (dual voltages) (optional)
- Flashlight or small pen light
- Travel alarm
- Batteries, as needed
- Camera

## Snacks for Sanity

- Chewing gum, mints, M&Ms®, nuts
- Nutrition bars
- Crackers
- Peanut butter
- Jerky
- Trail mix

### Miscellaneous

- Small umbrella
- Water filter (optional) (can buy bottled water at kiosks)
- Instant coffee (packets or small jar)
- Tea bags
- Travel sized sewing kit
- Watch
- Clear cleaner laundry bag
- Nylon tape
- String, rubber bands, paper clips
- Dirty clothes bag
- Trash bag liners
- Small can of Lysol®
- Small can of wrinkle release spray
- Travel pillow

### Country-Dependent items

- Adapters and/or converters as needed. These must be versatile. 240 volts, AC 50HZ, up to 1500 watts with two round and three square pins. Franzus® is a good brand.
- Plug for sockets
- Shorts (modest)
- Swimsuit: one-piece for women; boxer type for men—no Speedos®

### Tips for Packing

Your carry-on bag should include: one change of clothes, all official documents (passports, visa, etc.), underwear, some money (wear most in money belt), and toilet paper.

Roll clothing. It takes up less space and does not get as wrinkled.

Put liquids and cosmetics in small plastic bags or containers. Slightly (only slightly) loosen lids on airtight glass containers before flying, otherwise they may burst.

**Remember: no gels, cosmetics, or liquids in carry-on cases—must be packed in regular luggage.**

Conserve space by taking things out of original package and replace in plastic bags (except medications).

Luggage may not weigh more than 50 lbs. per suitcase.