

WHAT TO PACK

Print this list every time you pack so you can check off items as you pack them.
You also could determine what you always need and keep a bag containing those items on hand.

HOW TO SEW A
**TRAVEL
WARDROBE**

with Sandra Miller

PERSONAL ITEMS

- ☐ Cap or visor
- ☐ Cash, including small denomination bills for tipping
- ☐ Cell phone and charger
- ☐ Cotton balls/swabs, tissues
- ☐ Credit and ATM cards
- ☐ Deodorant
- ☐ Documents
 - ☐ driver's license (international)
 - ☐ health insurance information
 - ☐ hotel reservation confirmation numbers and addresses
 - ☐ passport
 - ☐ vaccination certificates
 - ☐ travel tickets
- ☐ Extra prescription glasses/sunglasses/contact lenses/lens supplies
- ☐ Hair-care products
 - ☐ shampoo
 - ☐ conditioner
 - ☐ curling iron or straightener
 - ☐ hairbrush/comb
 - ☐ hair clips/pins/bands/ties
 - ☐ hair dryer, if hotel does not provide it
 - ☐ hair spray (nonaerosol)/gel
 - ☐ shower cap
- ☐ Feminine hygiene products
- ☐ Freshener/moisturizer, lip balm
- ☐ Hand sanitizer in permitted container
- ☐ International power adapter
- ☐ Jewelry in appropriate container
- ☐ Keys
- ☐ Nail file/nail clippers/tweezers/small scissors (Since 9/11, these items must go in checked luggage. Inquire to verify whether you can carry them.)
- ☐ Sunscreen
- ☐ Toothbrush, toothpaste, floss
- ☐ Makeup (your usual brand), applicators, makeup remover
- ☐ Resealable storage bags/garbage bags, for wet swimsuits and laundry

MOBILE MEDICINE CHEST

- ☐ Adhesive bandages

- ☐ Antacid tablets
- ☐ Antibacterial cream
- ☐ Antidiarrhea medication
- ☐ Antinausea medication
- ☐ Antihistamine
- ☐ Aspirin or other pain reliever
- ☐ Prescription medications, in their original containers bearing your name. (Pack enough medication to see you through several extra days, in case of travel delays.)
- ☐ Seasickness remedy

OTHER POSSIBLE NECESSITIES

- ☐ Alarm clock, flashlight, extra batteries
- ☐ Bar soap in container
- ☐ Calculator
- ☐ Earplugs
- ☐ Folding tote bag
- ☐ Hand lotion
- ☐ Hostess gifts
- ☐ Inflatable travel pillow
- ☐ International telephone access numbers
- ☐ Laptop/tablet with power cord, earbuds
- ☐ Large envelopes to mail things home
- ☐ Magnifying mirror
- ☐ Pen, small notebook/travel journal
- ☐ Personal address book, stamps
- ☐ Maps, guidebooks, phrase books
- ☐ Membership and business cards
- ☐ Reading material
- ☐ Safety pins
- ☐ Supplemental clothing
 - ☐ bandanna
 - ☐ coat
 - ☐ gloves
 - ☐ long underwear
 - ☐ rainwear/umbrella
 - ☐ sarong (cover-up)
 - ☐ swimsuit
- ☐ Tape measure
- ☐ Toilet paper (overseas travel, camping)
- ☐ Vitamins