

# The Ultimate Packing List

## Passport and Visas

- Ensure Passport is valid for at least six (6) months beyond your travel dates
- Check if a Visa is required for your destination and apply in advance!

## Travel Insurance

- Comprehensive Travel Insurance
- Printed copies of your Insurance policy

## Travel Money

- Exchange currency to the local currency of the country you are visiting
- Credit Cards or Travel Cards

## Documents & Planning

- Copies of Itinerary, Hotel Reservations and Transportation Tickets
- Emergency Contact List
- Local Maps and Guidebooks (downloadable)
- Research 'Airport Transfers' and any main 'Places of Interest' for your Destination

## Medical

- Medications and list of Prescriptions (if applicable)
- Health/Vaccination Certificates (if applicable)
- Reading Glasses and Sunglasses
- Hearing Aids and extra Batteries (if needed)
- Face Masks and Hand Sanitiser
- Basic First Aid Kit (Band-Aids, Antiseptic, Pain Relievers)
- Supplements and Vitamins
- Motion Sickness, Bands or Medications
- Compression Socks (For Long Flights)
- Bug Spray or Mosquito Repellant

## Clothing

- Pack:** Lightweight breathable clothing suitable for the climate
- Tops:** T-Shirts, Blouses, Light Sweaters or Cardigans
- Bottoms:** Comfortable Trousers, Shorts, Skirts
- Outwear:** Light-weight Jacket, Raincoat or Windbreaker
- Sleepwear:** Pyjamas or Nightgowns
- Undergarments:** Enough for the trip (plus a few extras)
- Footwear:** Comfortable Walking Shoes, Sandals, Dress Shoes
- Accessories:** Hats, Scarves, Sunglasses, Gloves (depending on destination)
- Swimwear:** Swimsuit, Cover-Up, Flip-Flops
- Laundry:** Laundry Bag, Travel Detergent

## Toiletries and Personal Care

- Travel sized shampoo, conditioner and body wash
- Essential hygiene items, including toothbrush, toothpaste and floss
- Deodorant and Perfume/Cologne
- Sunscreen (SPF 30+) and Lip Balm
- Razor and Shaving Gear
- Sanitary Items (if necessary)
- Makeup and Makeup Remover
- Travel Sized Tissues and Wipes
- Nail Clippers, File, Tweezers (to be carried in checked baggage)

## Travel Comforts

- A sturdy lightweight suitcase for checked luggage
- A daypack or crossbody bag for daily excursions
- Neck Pillow and Eye Mask
- Travel Blanket or Shawl
- Walking Sticks or Canes (if needed)
- Portable Fan or Cooling Towel (for hot destinations)
- Snacks and Water Bottle (collapsible)
- Binoculars
- Journal and Pen
- Small Sewing Kit
- Language Phrasebook
- Reusable Shopping Bag

## Technology and Gadgets

- Smartphone, Laptop or Tablet and Charger
- Power Bank
- Portable charger and Universal Adapter for your electronic devices
- Ear Phones or Headphones
- Camera and Memory Cards
- E-Reader or Books/Magazines
- Travel Apps Pre-downloaded for Maps, Translations, etc



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