

Packing Checklist

Pack light! Use 5-4-3-2-1 rule as a starting point. (5 shirts, 4 pants, 3 shoes, 2 layers, 1 extra item). Layer, mix and match. Use [compression packing cubes](#). Wear the bulkiest items on the plane. If traveling with someone, cross-pack so each has a change of clothes for the other. Amazon links are included for a few items; we are not advocating for Amazon nor recommending a specific brand; the links are included to clarify the product.

Clothing /shoes :

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| o Shirts (long and/or short-sleeved-UV protection if applicable) | o Shoes appropriate for weather & itinerary |
| o Long pants, capris, and/or shorts | o Underwear, bras, socks, including compression socks for the plane if desired |
| o Layers: Jackets, sweaters and/or puffy vests | o Raingear, UV-protection umbrella if desired |
| o Pajamas | o Sun hat, visor, and/or cap |
| o Swimsuit and cover-up if applicable | o Neck gaiter (UV-protection if applicable) |

Toiletries (Recommend a good hanging bag for your toiletries):

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| o Toothbrush, toothpaste, floss | o Nail clippers, nail file |
| o Hairbrush/comb | o Shaving items |
| o Washcloth, facial cleanser | o Deodorant |
| o Travel mirror with suction cups | o Moisturizer |
| o Makeup if desired | o Glasses or contacts & cleanser |

Misc:

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| o Day pack (lightweight and foldable if desired) | o Slash-proof bag , cross-body bag , money belt or travel vest |
| o Waterproof phone case and/or slash-proof phone tether | o Luggage scale |
| o Sunglasses w/strap | o Small roll duct tape, zip ties, plastic baggies |
| o Travel laundry detergent & travel clothesline | o Headlamp or small flashlight |
| o Travel sewing kit | o Optional: Collapsible hiking poles |
| o Eyeglass repair kit | o Optional: Binoculars |
| o Compact scissors | |

Tech:

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| o Charger cords (2 in case one gets damaged) | o Universal plug adapter |
| o Portable power strip | o Electricity converter if needed |
| o Portable phone charger(s) | o Portable white noise machine or white noise phone app if needed for sleep |
| o Camera (if desired) with extra battery/card | |

Pack in your under-the-seat carry-on or personal bag :

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| o Passport | o Lip balm |
| o Visa if needed | o N-95 mask (in case people are sick on plane) |
| o Pen | o Hand sanitizer |
| o Wallet (remove unneeded items) | o Comb/brush |
| o Two different credit cards | o Small travel toothbrush and toothpaste |
| o Insurance cards | o Tissues & disinfecting wipes |
| o Cash (U.S. and/or local currency) | o Anti-nausea wristbands or meds |
| o Paperwork in bag, separate from originals: | o Travel pillow if desired |
| o Copies: passport, credit cards, presc. | o Eye mask & ear plugs if desired |
| o Itinerary, reservation confirmations, document handbook if on group tour | o Change of clothes |
| o Vaccinations records and/or waiver | o Snacks, electrolyte packets |
| o Emergency contacts | o Kindle/tablet: Download items in advance |
| o Water bottle (fill after going through security) | o Noise-cancelling earphones/earphones (corded or wireless with an adapter) |
| o Medications in original containers or with printout of prescriptions | o Extra phone charger |
| | o Extra universal plug adapter |



Mini-Pharmacy Packing Checklist

Packing a mini pharmacy may seem like overkill when you're feeling perfectly healthy upon departure, but if something does go wrong, being prepared can help you enjoy your trip. Consider packing:

- ☐ Pain and fever medicine
- ☐ Antacid for indigestion
- ☐ Anti-nausea medication
- ☐ Anti-diarrheal medication
- ☐ Antihistamine
- ☐ Azelastine nasal spray (Astepro Allergy) - Can reduce risk for COVID
- ☐ Cough suppressant
- ☐ Decongestant
- ☐ Laxative
- ☐ Melatonin or mild sedative for sleep aid or jet lag
- ☐ Motion sickness medication, [herbal motion sickness patch](#), or acupressure wrist bands
- ☐ Altitude sickness medication, if going to high-altitude destinations
- ☐ Prescriptions in their original bottle or with a copy of the prescription
- ☐ Copy of your vaccine records
- ☐ First aid products: bandages, mole skin, alcohol wipes, antibiotic ointment, gauze, tweezers
- ☐ Insect repellent (with an active ingredient like DEET or picaridin; not aerosol can)
- ☐ Hydrocortisone cream
- ☐ Thermometer
- ☐ [Vitamin C powder packets](#) and/or [electrolyte hydration powder packets](#)
- ☐ Eye drops
- ☐ Lip moisturizer
- ☐ Hand sanitizer
- ☐ Antiseptic wipes
- ☐ N-95 masks (to wear if you develop symptoms of contagious diseases)
- ☐ Sunburn relief
- ☐ Sunscreen (with UVA and UVB protection, SPF 50 or higher; if going to ocean, reef-safe lotion)

Tips from other travelers:

- Whenever possible, take single-serving or foil blister pack tablets rather than liquid medication and use a permanent marker to note the dosage on the packets.
- Take photos of medication doses/instructions so you can access them on your phone.
- If taking liquids, place them inside an extra sealed bag to prevent leakage in your suitcase.
- When traveling with a medical device, such as a CPAP machine:
 - o Take the device as a carry on rather than a checked bag.
 - o Place the prescription inside the bag so it will be exempted from carry-on limits.
 - o Mark contact info on the device & bag and take a photo both in case they are lost.
 - o If you will be using a device in flight, notify the airline at least 48 hours in advance.
 - o If you go to a remote location, take a back-up power source
- Make sure all your vaccinations are up to date, including tetanus. Search for your records on your state health department website and bring a copy of your records.
- If traveling out of the country check the CDC destination webpage, <https://wwwnc.cdc.gov/travel/destinations/list>, for region-specific vaccine recommendations and consult with your doctor. Plan ahead, as some vaccines require multiple doses.