

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 some items; we are not advocating for Amazon nor recommending specific brands; links are included for clarification. Consider packing:

Clothing /shoes :

- o Shirts (long and/or short-sleeved-UV protection if applicable)
- o Long pants, capris, and/or shorts
- o Jacket, sweater, [silk long johns](#) and/or puffy vest
- o Pajamas
- o Swimsuit and cover-up if applicable
- o Shoes appropriate for weather & itinerary
- o Underwear, bras, socks, including compression socks for the plane if desired
- o [Raincoat](#) & [rain pants](#) with bag, [travel umbrella](#)
- o Sun hat, visor, and/or cap
- o UV protection Neck gaiter

Toiletries (We recommend a good [hanging bag](#) for your toiletries):

- o Toothbrush, toothpaste, floss
- o Hairbrush/comb
- o Washcloth, [facial cleanser](#), makeup if desired
- o [Travel mirror with suction cups](#)
- o Shower shoes if desired
- o Nail clippers, nail file
- o Shaving items
- o Deodorant
- o Moisturizer
- o Glasses with [strap](#) or contacts & cleanser

Misc:

- o [Packable day pack](#), [lightweight day pack](#) or regular backpack
- o [Waterproof phone case](#) and/or [slash-proof phone tether](#)
- o Sunglasses w/strap
- o [Travel laundry detergent](#) & [travel clothesline](#)
- o [Travel sewing kit](#)
- o [Eyeglass repair kit](#)
- o Tracking device for your checked suitcase
- o [Compact scissors](#)
- o [Slash-proof bag](#), [cross body bag](#), money belt or travel vest
- o Luggage scale
- o Small roll duct tape, zip ties, plastic baggies
- o Headlamp or small flashlight
- o Laundry bag
- o Optional: Collapsible hiking poles
- o Optional: Binoculars

Tech (Consider a [case for all of your tech gear](#)...these come in many sizes):

- o Charger cords (at least two; one long one)
- o [Portable power strip](#)
- o [Portable phone charger\(s\)](#)
- o Camera (if desired) with extra battery/card
- o [Universal plug adapter](#)
- o Electricity converter if needed
- o [Portable white noise machine](#) or white noise phone app if needed for sleep

Pack in your under-the-seat carry-on or personal bag (Use [clear plastic accessory bags](#) to organize):

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



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. Save space by using travel-size containers and taking small amounts of each item. 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.