

# PACKING CHECKLIST

## DOCUMENTATION

- US Passports or Visas
- State issued Driver's License
- Airline Tickets or e-Docs
- Hotel Confirmation or e-Docs
- Vacation itinerary
- Insurance Card
- Ground Transportation information
- Business cards for networking
- Copy of marriage license
- Emergency phone numbers
- US Embassy/consulate info
- Pre-paid phone card, if necessary

## MEDIA

- Cell Phone and charger
- Digital camera (batteries, memory cards, case)
- Waterproof camera (disposable)
- Books and other reading materials
- Music and headphones
- Mini DVD player or laptop
- Foreign language book or app (if required)
- Maps of location
- Destination Travel Guides

## CURRENCY

- Estimated Budget
- Cash
- Debit Card/Credit Card
- Currency Exchange Info

## TOILETRIES/SUNDRIES

- Sunblock/Sunscreen
- Tanning Lotion
- Aloe Vera Lotion
- Comb/brush
- Deodorant
- Shower cap
- Shower shoes
- Soap/body wash
- Toothbrush/Toothpaste/Floss/Mouth wash
- Lip balm
- Make-up
- Sanitary napkins/tampons
- Shampoo/conditioner/styling
- Spare batteries
- Playing cards
- Paper & pen
- Umbrella or poncho

## MEDICATION

- All Daily Medication
- Cold/Allergy Medicine
- Eye Drops
- First Aid Travel Kit
- Bug Repellent
- Contact Lenses, Glasses
- Sunglasses
- Birth control / Condoms
- Anxiety, Motion Sickness medicine
- \*Consult with your physician
- Health insurance cards

# CLOTHING

## His

- Athletic shoes
- Socks
- Boxers / Briefs
- Shorts
- Swim wear
- Casual shirts
- T-shirts / Undershirts
- Sandals
- Workout clothes
- Dress shirts
- Dress shoes
- Dress Pants
- Belts
- Sports jacket
- Tie
- Hats
- Pajamas / Robe / Slippers

## Hers

- Underwear (Bras, panties)
- Bathing suits
- Lingerie
- Slip/Bodyslimmer/Spanx
- Accessories (jewelry, belts, etc)
- Comfortable shoes
- Sandals
- Shorts/Capris
- Sneakers or walking shoes
- Flip-flops
- Socks
- Tank/halter/sleeveless tops
- Dresses
- Heels/Pumps/Stilettos
- Sarong, cover-ups, bathing wraps
- Pajamas/Robe /Slippers
- Skirts
- Slacks
- Straw/wide-brimmed hat
- Workout clothes
- Purses
- Sweater, if necessary
- Light jacket, if necessary

## SPORTS EQUIPMENT

- Golf clubs
- Tennis racquets
- Diving gear
- Snorkeling equipment