

## **Packing Guidelines for International travel from your friends at The Joy of Travel**

I pack utilizing packing cubes. Anything that sprays or could leak needs to be in a Ziploc bag. I pack wrinkle free fabrics and try to stick with one color scheme. Plan to dress in layers. Pack a plastic trash bag for dirty/damp clothes, muddy shoes. I also pack an empty expandable bag that I can use for any extra purchases I make during the trip.

**Critical information:** your passport, vaccination card (if necessary), travel visa (if necessary), home address, travel itinerary, personal contact information and emergency contact information. Take pictures of your passport, visa and vaccination cards, email them to yourself and your emergency contact person, as well as keep them on your phone. I include my home address, travel itinerary, personal contact info and emergency contact info inside every piece of luggage I am taking.

### **Basics:**

Shoulder bag/Backpack  
Money belt/neck wallet  
Cash in local currency  
information

Luggage tags  
Travel Documents  
Voltage converter/adapter

Cell phone and charger  
Credit/Debit cards  
Travel Insurance

### **Clothing:**

Walking shoes/tennis shoes  
Sun visor, sunglasses  
Shorts, slacks, pants, jeans

Windbreaker, umbrella  
Pajamas, robe, slippers  
Shirts and sweaters

Gloves, hat, scarf, coat  
Socks and underwear  
Bathing suit and cover

### **Toiletries:**

Cosmetics  
Toothbrush, paste and floss  
Emery board  
Prescription drugs

Disposable wash cloths  
Razor, deodorant, tweezers  
Reading glasses/contacts  
First aid kit (band aids)

Shampoo/Conditioner  
Lotion, sunscreen  
Curling iron/flat iron  
Brush/comb

OTC remedies, (Dramamine, antacid, aspirin, Imodium, Q-tips, triple antibiotic ointment).  
Medical ID card (name, address, blood type, medications, emergency contact, allergies, medical conditions)

### **On the plane: please take all of your medications in your carry-on luggage/bag.**

311 kit (liquid carry-on items must be smaller than 3 ounces each and all fit in one, one quart Ziploc bag).

Travel pillow/blanket                      Snacks                      pen                      phone charger

### **Before you go:**

Fill all necessary prescription medications and pack them in your carry on bag.

Contact your bank and credit card companies letting them know your travel dates and destinations.

Call your cell phone service provider and plan for international usage.

Check the expiration date on your passport and be sure it expires no earlier than six months after the date of your trip.