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PACKING CHECKLIST FOR TRAVEL

Customize this Packing Checklist for yourself. Then print and laminate it. Keep it in your suitcase so you see it each time you pack for a trip OR keep this list on your phone so you always have it with you.

To Do Before Leaving:	Toiletries:
Back up computer	Make-up
Charge laptop battery Change voicemail message	Tweezers, clippers, cuticle scissors Medications.
Arrange for transportation to/from to airport	
	Topical ointments, antibacterial creams
Forward e-mail or put auto-response on e-mail	Sunscreen
Hold delivered mail/ask neighbors to collect it	Mosquito repellant
Arrange for house sitter/pet sitter	Band-aids
Hotel reservations	Feminine hygiene products
Car reservations	Vitamins
Airline reservations	Hand & body lotion
Other reservations:	Shaver/shaving cream
	Shampoo & conditioner
ClothesWomen:	Contact lens solution
Shorts	Hair spray
Jeans/casual pants	Cotton balls, Q-tips
Dress pants	Nail polish & remover
Skirted suits	Blow dryer, curling iron
Pantsuits	Combs & brushes
Dress shirts	Toothbrush, toothpaste, floss
Casual shirts	Birth control
Dressy dresses	
Casual dresses	Clothes—Men:
Sweaters	Underwear
Coat/hat/gloves/ear muffs/scarves	Socks dress and sports
Exercise clothing & shoes	Suits
Undergarments (bra, underwear, slips, etc)	Ties
Nylons, socks	Belts
Jewelry: earrings, necklaces, pins	Dress & casual shirts
Scarves & accessories	Dress & casual pants
Belts	Shorts
Shoes: dress, sports, casual, thongs/sandals,	Exercise clothing & shoes
Snow shoes/boots	Jewelry/cufflinks/tie tacks
Swimsuit & cover-up/swim goggles	Shoes: dress, tennis, casual, thongs, snow
Water shoes	Swimsuit & cover-up/swim goggles
Sun hat	Water shoes
Sunglasses	Sunglasses
Prescription glasses/contacts	Prescription glasses/contacts
Sleepwear & bathrobe	Sleepwear & bathrobe
House slippers	House slippers
	Coat/hat/gloves/ear muffs/scarves
	Sweaters

International Travel:	If flying, do NOT have in carry-on:
Passport/Visa	Metal scissors
Electric adapter kit (110V adapter)	Knitting needles
Foreign language book/dictionary	Sharp nail file
Medications for tropical diseases & diarrhea	Knives of any length
	Box cutters or blades
Other:	Ice picks, corkscrews
Picture ID	Straight razors
Reading materials	Lighters
Laundry bag	Firearms
Tote bag	Fireworks
Cash	Household cleaners
Camera	Pressurized containers
Airline tickets	Matches
Rental car confirmation info	Baseball bats
Hotel confirmation info	Golf clubs
Pad of paper	Pool cues
Snacks/meal replacement bars	Hockey sticks
Carry-on emergency kit (meds, toothbrush, etc.)	Anything that could be perceived as a weapon
Games/entertainment	More than 3 oz. of liquid items.
Sports equipment	
Cell phone and charger	Flammable aerosols including hair spray, spray
Hostess gift or other gifts Umbrella	paint, or insect repellant; carbon dioxide
Portable flashlight	cartridges, oxygen tanks (scuba or medical),
Foltable hashlight	mace, tear gas, pepper spray, self-inflating rafts, and deeply refrigerated gases such as liquid
Business/Presentation Materials:	nitrogen
Demo materials	
Handouts	*When in doubt, transport items in your
Pointer	checked baggage.
Computer and power cord	
PowerPoint presentation	TIP:
Thumb drive with presentation materials backed up	When traveling you might want to leave helpful
LCD Projector	messages on your cell phone (such as where
Business cards/promo materials	you parked your car at the airport) and check
Marker pens	your messages upon return.
Client info	
Items for retail sale / order forms	
Credit card processing tools	