

# ESSENTIAL TRAVEL LIST



## DOCUMENTS & MONEY

- Passport (6+ months validity remaining)
- Travel visa(s) if required
- Photocopies of passport
- Travel insurance information
- Airline tickets or e-tickets
- International driving permit (if needed)
- Credit/debit cards
- Local currency for immediate expenses

## HEALTH

- Prescription medications (with extra supply and copies of prescriptions)
- Over-the-counter medications
- Prescription glasses, contact lenses, and spare pairs
- Travel-sized toiletries (toothbrush, toothpaste, shampoo, etc.)
- Travel-sized hand sanitizer and wet wipes
- Insect repellent and sunscreen (if needed)
- Personal hygiene products (feminine products, razors, etc.)

## COMFORT/SAFETY

- Travel neck pillow and blanket
- Travel-sized umbrella or lightweight rain jacket
- Luggage locks
- Travel-sized sewing kit
- Portable luggage scale
- Waterproof bag
- Compact travel alarm clock or smartphone alarm for wake-up calls

## ELECTRONICS

- Mobile phone and charger
- Portable charger
- Universal power adapter
- Camera or video recorder
- Extra batteries and memory cards
- Earphones
- E-book reader or tablet

## MISC.

- Reusable water bottle to stay hydrated on the go
- Snacks for long journeys or in case of delays
- Travel guidebooks or language phrasebooks for destination information
- Travel-sized laundry detergent for washing clothes during extended trips
- Extra plastic bags for storing dirty clothes, wet items, or separating liquids in your luggage
- Copies of important emergency contact numbers and addresses