



PACKING FOR YOUR VACATION

Every traveler's itinerary is different. Use the weather report & any scheduled events or activities to help guide your packing.

TOILETRIES

- ☐ Medication and medical supplies
(vitamins, pain reliever, first aid kit, etc.)
- ☐ Hand sanitizer (80% to 95% alcohol recommended)
- ☐ Sunscreen, lip balm, after-sun skin care
- ☐ Bug repellent, anti-itch cream or hydrocortisone cream
- ☐ Oral care
- ☐ Facial and body care
- ☐ Eye care
- ☐ Hair care
- ☐ Feminine care
- ☐ Cosmetics

DOCUMENTS AND INFORMATION

- ☐ Passport and visa
- ☐ Wallet (ID, health insurance, credit cards, cash, international currency, etc.)
- ☐ Boarding passes and confirmation numbers
- ☐ Emergency contact information
(family, doctors, travel insurance, etc.)
- ☐ Copies of all prescriptions
- ☐ Itinerary

TECHNOLOGY

- ☐ Smart device (phone, tablet), charging cords, etc.
- ☐ International travel power adapter
- ☐ Camera, batteries, memory cards, etc.
- ☐ Noise cancelling headphones or wireless ear buds

ACCESSORIES AND MISCELLANEOUS

- ☐ Packable, windproof umbrella
- ☐ Sunglasses and hat
- ☐ Extra duffel bag
- ☐ Binoculars
- ☐ Insulated bottle
- ☐ Beach tote or waterproof bag
- ☐ Beach towels
- ☐ Beach or pool gear, toys, etc.

EVERY DAY WEAR

- ☐ Undergarments, pajamas, socks
- ☐ Shorts and / or pants
- ☐ Tops
- ☐ Sundress
- ☐ Sweater and / or jacket
- ☐ Athleisure / exercise wear
- ☐ Swimsuit, coverup
- ☐ Flip flops, sandals or water shoes
- ☐ Casual or athletic shoes

EVENING ATTIRE

- ☐ Upscale attire (dress, skirt, blouse, slacks, collared shirts)
- ☐ Matching accessories
(tie, purse, jewelry)
- ☐ Dress shoes
- ☐ Blazer or sweater



OTHERS

Example of other special items you might need for a trip to Alaska or cold-weather destination.

- | | |
|--|---|
| ☐ Hiking gear / apparel, boots | ☐ Gloves, scarves, fleece apparel |
| ☐ Waterproof / windproof jacket or winter coat | ☐ Hand and toe warmers |

CUSTOMIZABLE LIST

Refer to your itinerary for any additional items you may need to bring and use this space to customize your list.

- | | |
|-----------------------|-----------------------|
| ☐ | ☐ |
| ☐ | ☐ |
| ☐ | ☐ |
| ☐ | ☐ |
| ☐ | ☐ |
| ☐ | ☐ |
| ☐ | ☐ |
| ☐ | ☐ |
| ☐ | ☐ |
| ☐ | ☐ |
| ☐ | ☐ |
| ☐ | ☐ |

TIPS

- Packing cubes will help you fit more in your carry-on suitcase and keeps items organized.
- Make smart fabric choices for your wardrobe such as wrinkle-resistant fabrics and quick dry fabrics, if you plan on hand washing. Lightweight performance fabrics, merino wool dry or synthetics dry quicker than cotton.
- For safekeeping, consider money belts & anti-theft travel accessories with hidden, zippered pockets and RFID technology.
- For sunny destinations, consider sun protection clothing and accessories. Look for an Ultraviolet Protection Factor (UPF) rating of 40 or above.
- If traveling by air, follow all airline regulations for liquid size requirements, restricted items, checked bag size regulations, and more. Check with your airline for more information.