

# General Packing Tips and Checklist

- Pack heavy items, such as shoes and toiletry kits, before the more delicate ones. Place them along the suitcase's spine to balance weight at the bottom.
- To reduce wrinkling, turn jackets inside out and fold them in half with tissue paper or dry-cleaning bags. Layering plastic bags or tissue between clothes also helps prevent wrinkles.
- Hang clothing in the bathroom while showering to steam out wrinkles.
- Line the bottom of your suitcase with your trousers and let the legs hang over the outside edge of the suitcase. Then pack the rest of your travel gear with the lighter materials on top. Wrap trouser legs over the pile; they'll keep their crease.
- Stuff socks and rolled-up belts into shoes to save space.
- Take along plastic bags for laundry or wet swimsuits.
- Bring an empty, soft bag for souvenirs.

## For carrying money and important documents

- Fanny Pack
- Purse
- Money Belt
- Wallet
- Security pouch for valuable documents

## Money and important documents

- Cash/ATM Card
- Credit Cards
- Travel Insurance Plan Documents
- Drivers License
- ID Card
- Passport
- Visas

## Tickets/Itinerary

- Airline
- Bus / Train
- Cruise Ship
- Theatre
- Tours/Excursions

## Clothing

- Belt
- Hat
- Shirts
- Shorts
- Suit & Tie
- Dress/Skirt
- Pants
- T-shirts
- Shoes/Sandals
- Socks
- Swim Suit
- Underwear

## Clothing for Cold Weather

- Boots
- Gloves
- Sweater
- Winter Hat
- Winter Jacket
- Silk or other long underpants, t-shirts or camisoles

## Health & Hygiene

- Antacid/Laxatives
- Aspirin/Pain Relievers
- Dental Floss
- Deodorant
- Feminine Hygiene
- First Aid Kit
- Hair Brush/Comb
- Insect Repellent
- Lip Balm
- Moisturizer
- Sun Screen
- Vitamins
- Motion Sickness Tablets
- Water Purifying Tablets
- Toothbrush & Toothpaste
- Shampoo & Conditioner
- Allergy Pills (antihistamines)
- Nail Clippers  
(pack in checked suitcase, not in carry-on baggage)
- Hairspray and any other styling products
- Shaving Equipment  
(disposable razors okay to pack in carry-on)

## Books

- Guidebook
- Phrase Book
- Magazine
- Novel

## Miscellaneous

- Wireless Traveler Cell phone or SIM card
- Backpack
- Batteries
- Binoculars
- Compass
- Flashlight
- Handkerchief
- Maps/GPS
- Passport Pictures
- Photo Equipment
- Plastic Bags
- Raincoat
- Sewing Kit
- Sunglasses
- Umbrella
- Wall Socket Adapter
- Watch
- iPod/MP3 Player or Portable CD Player
- Bungee Cords/Rubber Bands
- Extra Glasses/Contact Lenses
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