

The Travel Bug

Pre Departure

- Passport/Visa
- Health Documentation
- Tickets
- Emergency Information
- Insurance
- Hotel Reservations
- Credit Cards & Currency
- Guidebooks & Maps
- Copies of Passport & Tickets
- Trip Cancellation/ Medical Insurance

Travel Gear

- Main bag and day pack
- Packing accessories
- Security lock
- Luggage tag
- Document organizer

Toiletries

- Comb/Brush
- Toothbrush/Paste
- Dental floss
- Deodorant
- Soap
- Laundry soap
- Skin care lotion/Cream
- Make-up
- Mirror
- Manicure set
- Hair care products
- Lip balm
- Razor/Shaving cream
- Hairdryer/Hair flat iron
- Towel/Wash cloth
- Travel bottles (for shampoo/laundry soap)

Everyday Items

- Travel clothing
- Raincoat/Umbrella

- Travel footwear
- Hat/Sunglasses
- Camera
- Binoculars
- MP3 Player
- Adapters
- Travel alarm
- Language books
- Travel literature
- Address book/ Journal
- Pen/Pencil
- Scarf/Bandana
- Games/Playing cards
- Water bottle
- Travel neck pillow
- Eye mask/Ear plugs
- Tissues/Toilet paper

Home Checklist

- Stop deliveries
- Have Post Office hold mail
- Arrange care for pets and plants
- Set-up timed lighting system
- Leave house key/Itinerary with neighbour
- Empty refrigerator
- Eliminate possible fire hazards
- Turn down thermostat
- Turn off water heater
- Store valuables in a safe place

Maintenance Items

- Flashlight
- Matches or lighter
- Extra batteries
- Sewing/Repair kit
- Duct tape
- Travel iron/Steamer

- Sink stopper for hotel sink
- Zip-close plastic bags

Travel Health

- Travel health book
- Pain reliever medication
- Cold medication
- Contact lens items
- Diarrhea medicine
- Laxative
- Insect repellent
- Sunscreen lotion
- Sunburn relief
- Antibiotic cream
- Malaria medication
- Motion sickness medicine

