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# Before you Leave, Gather the Following:

Guide books and maps

- Passport and visa(s), Personal ID (Drivers license)
- Student ID (for discount access to museums etc.)
- Cash & Credit cards (foreign currencies?)
- Coins for tolls

If carrying on plane, remember FAA limits on liquids & creams

Comb/Brush

Toiletries

- Toothbrush/Paste
- Mouthwash
- Dental Floss
- Sunscreen
- Personal Prescriptions
- Nail clipper
- Tissues

- Travelers checks or ATM card
- Insurance: Trip Cancellation and Medical
- Photocopies of documentation
- Tickets & itinerary
- Hotel Reservations
- Special Event Reservations
- Paper printout of emergency contacts

### **Basic Essentials**

Luggage Locks & ID Tags (Don't Lock checked baggage) Passport/Money Carrier

- Rain Protection
- Video Camera
- Small Flashlight & batteries

- Shampoo/Conditioner
- Soap
- Vitamins
- Medication
- First Aid Kit
- Aspirin/Pain Reliever
- Cold/Sinus Medication
- Diarrhea Medicine
- Laxative
- Insect Repellent
- Antibiotic Ointment
- Alcohol Wipes

- Q-Tips
- Blow Dryer
- Deodorant
- Lotions/Creams
- Cologne
- Lip balm
- Shaving Cream
- Razor & extra razor blades
- Earplugs
- Plastic bags
- Beach Towel

- Travel Alarm Clock
  - Brimmed Hat or Visor
- Eyeglasses, sunglasses & contact lens (and cleaners) Language Books
- **Reading Materials**
- Playing Cards/Games
- Mini Sewing Kit (place in checked baggage)
- Scarf/Bandana
- Laundry Bag
- Food bars or emergency snack food

## **Electronics:**

- Cell phone, charger, extra battery

### Clothing

Dresses, suits, shirts, slacks, socks, ties/scarves

Dress shoes

Casual shoes/sandals

Belt(s)

Underwear, bras & undershirts

Pajamas

- Overcoat / rain coat / top coat
- Umbrella
- Light sweater
- Jeans/shorts
- Swimsuits and goggles
- Beach Coverup
- Exercise clothes & shoes

Camera, charger, batteries, cords, etc.

iPod

- Headphones (bud? noise canceling?)
- DVD player & DVDs
- Laptop & cord & battery
- Plug & voltage adaptors for foreign countries Other small electronics & chargers (Kindle, etc.)



