

# TRAVEL

# PACKING

# List



**BUSINESS. CULTURE. TRAVEL.**

# TRAVEL PACKING LIST

## The Perfect Bag

Wheels rock and save your back!!!! But.....is there anything that says "TOURIST" more than a rolling suitcase. The real question you have to decide upon is this....What is more important, comfort or your image?

- 4-Wheels: This bag makes everything easier. You can carry more weight with less physical effort. However, keep in mind that every hustler that is waiting outside the terminal will target you.
- Duffel Bag: Sling it over your shoulder and begin your journey. These are the most versatile travel solutions you can get; this is probably the easiest bag but also the blandest bag as well.
- Travel Backpack: These are the bag of choice of most travel entrepreneurs these days. I personally have 3 or 4 at any given time. If you know you do not want the extra weight of wheels, traveling with a travel pack is going to mean hands-free mobility and ultimate versatility. Amazon is the go-to place to find these items. These bags can be easily customizable so you can always find your bag on the airport luggage go-around.

Visit here for ideas-----<https://www.amazon.com/shop/biggersworld>

- Carry-On: This is the obvious winner if only carry-on is possible. Why pay money for luggage when you do not have to? Also, this means you can save time at the airport, save on check-in fees, guarantee the airlines won't lose your bag, have everything you need with you at all times, ensure you don't have to wait at baggage claim...the list goes on and on. This is the clear-cut winner but make sure you do the research and know what bags are allowed for carry-on. All airlines are different.

**Clothing should be first & foremost:  
You can often cut out a lot of weight here if  
done right.**



- Long-sleeved shirts (use dark colors, they go with more options)
- T-shirts and tank tops (be respectful of the culture you are visiting)
- Pants and/or shorts
- Belt (1 and only 1)
- Socks (wool socks are best for hiking and camping)
- Comfortable walking shoes or boots
- Rain jacket (you can roll it up very small and put it in a zip-lock bag)
- Pajamas
- Underwear
- Sunglasses and glasses case
- Dresses and/or skirts
- Jewelry (organize in a mini cube or packing sac)
- Hat or sun visor
- Scarf or bandana
- Swimsuit or swim trunks (consider a clean/dirty organizer)

## TOILETRY BAG AKA “THE GAME CHANGER BAG”

**TOILETRY BAG EXTRAS “These are everyday items and can really effect your daily moods.”**

- Cologne/perfume
- Personal mini mirror
- Hair products like hairspray, hair gel, and beard oil
- Clothesline and detergent
- Shaving kit and extra razors
- Sewing kit/clothing care kit, stain remover
- Facial tissues and/or toilet paper
- Travel Towel
- Nail clippers and tweezers (optionally, scissors, which must be in checked luggage)

### **The stress relieving items**

- Cell phone and charger
  - Travel speakers
  - Travel pillow, eye mask, and ear plug
  - Electric converters and adapters
  - Travel apps that will help with language, directions, and money conversion
- 
- 

# “Easy to forget but can be the most clutch items to pack.”

## Travel Health Items

- First aid kit (bandages, gauze, adhesives, etc.)
- Personal prescriptions (copies of scripts)
- Pain and fever relievers (also children’s strength if you are traveling with kids)
- Thermometer
- Cold medicines and throat lozenges
- Diarrhea/laxative medicines
- Oral re-hydration salts
- Allergy medicines
- Hydrocortisone cream/antibacterial ointment
- Multivitamins
- Sunburn relief
- Insect repellent/mosquito net/sting reliever
- Motion sickness pills or bands
- Altitude sickness pills (if you are planning to hike in higher altitudes)
- Eye drops
- Moleskin
- Medicines and vaccinations specific to the region/activity
- Hand sanitizer or wet wipes
- Prescriptions in original packaging (you’ll want to make sure you have these in your carry-on bag just in case something were to happen to your checked luggage)
- Sleeping medicines
- Glasses and glasses case (email yourself a copy of your prescription, just in case)

# Carry-On Bag Organization (All the items are made for Carry-on bag)


## Technology Items

- Mobile device and charger
- Laptop, iPad, or E-reader and charger(s)
- Headphones (consider noise-reducing headphones if you're sensitive to sound)
- Camera and GoPro/video camera, memory card, and charger
- Electrical converters and adapters

## Travel Comfort Items

- Travel pillow, blanket, eye mask, and ear plugs
- Travel journal and pen (it's awful when you forget your pen!)
- Books and magazines
- Deck of cards and travel games
- Chapstick and lotion (t's dry up there)
- Water bottle (you'll need to fill it up once you get through TSA)
- Guide books, travel guides, maps, language guides, etc. (if you will need any of these upon arrival at your destination, put it in your carry-on)

## Do Not Forget Items

- Passport/visa(s) (not sure if you need a travel visa? Check here.)
  - Personal ID/Student ID card (if you're a student, some companies, like Sta Travel, offer discount cards to ensure you get good deals while on the road)
  - Frequent flyer card(s) and other loyalty program card numbers (ex: hotel chains and AAA)
  - Cash and credit card(s) (call your credit card companies before you travel to inform them of your travel, otherwise they might turn them off to prevent perceived fraud. Also consider how travel hacking can save you money on the road!)
  - Health insurance cards/document(s)
  - Travel insurance information
  - Reservations and itineraries (print them and save them electronically for easy access)
  - Hotel and/or tour contact information
  - Transportation tickets (plane, train, bus, car, etc.)
  - Emergency contacts and important addresses
  - Copies of all these items above are a GREAT IDEA!
- 

# Last Minute Stuff to do at HOME that will alleviate stress

- Have the post office hold your mail
- Stop newspaper delivery
- Set up an email auto responder (unless you plan to be connected)
- Arrange for the care of pets, lawn, and plants
- Pre-pay your bills
- Prearrange school absences for children and get any home study assignments require
- Empty refrigerator of this that will expire
- Unplug appliances
- Turn off heater/air conditioner
- Turn down water heater
- Turn off washing machine taps
- Lock all doors and windows
- Set up timed light system
- Store valuables in a safe place
- Leave house key and trip itinerary with a trusted friend
- Leave flight and hotel itineraries with a relative
- Reconfirm/check-in online with airline before you Uber, train, or shuttle to the airport



## Bonus: Travel Safety Add-ons

- Money belt or hidden pocket
- Neck wallet
- Undercover Bra Stash for credit cards and cash only
- Leg wallet
- Incognito All Terrain Money Belt which looks like a real belt
- Luggage Travel Lock
- Reflective clothing and luggage accessories
- Bring a headlamp or mini flashlight, better to be safe than unprepared

**ENJOY  
YOUR  
TRAVELS**

