

NOT DONE YET!

Medical

Always consult your personal physician or local health center for help in planning your travel related medical needs.

Prescription Medication/

[Travel ER thumb drive medical history](#)

Insulated Bag for Medication (if needed)

Print out of allergies in foreign language

Band-aids

First Aid Kit

Aspirin/Pain Reliever

Collapsible Cup

Antihistamines

Thermometer

Cold Medicine

Diarrhea Medicine

Pepto Bismal/Alka Seltzer

Laxative

Insect Repellent

Dental Repair Kit

Sunscreen

Lip Balm

Sunburn Relief

Antibiotic Cream

Moleskin

Motion Sickness/Jet Lag Remedy

Personal Hygiene Items

Water Purification System

Vitamins/EmergenC

Comfort Items

[Neck Pillow, Eye Shades, Ear Plugs](#)

[Travel Blanket](#)

[Inflatable Lumbar Pillow](#)

Eye Drops

Removable Shoe Inserts

iPod/CD player/Cds

Book on Tape

Photos from home

Travel Journal/Postcards

Laundry on the Go

Multi-Purpose Travel Soap

Micro Fiber Travel Towel

Braided Elastic Laundry Line

Inflatable Hangers

Sink Stopper

1 gallon ziplock bag

Stain Stick Remover

[Sewing Kit](#)

[Compression Bags for Laundry](#)

Dryer Sheets

[Travel Iron/Steamer](#)

Lint Brush

Additional Items

[Money Exchanger/Calculator](#)

Coin Organizer

Duct Tape/String

[Travel Umbrella](#)

Disposable Waterproof Camera

Binoculars

Dice/Cards/Travel Games

Calculator

Scissor

Waterproof Neck Pouch

Collapsible Cup

Powdered Energy Drink

Small Tape Recorder

Stationery

Expandable Tote Bag

Extension Cord

Sarong, Flip Flops

Evening Bag

Corkscrew/Bottle Opener/Straws

[Voltage Converters/Adapters](#)

Book Light

Rubber Bands/Paper Clips

Business Cards

Tape Measure

Sunglasses

Rain Poncho

[Sense of Humor](#)

What do I Pack????

[Way to Go](#)
Travel Store



The Biggest Little Packing List

OK so this may be your entire house, but the idea is for you to go through the list and mark off the things you want to travel with.

Then go back and circle the things you need to travel with.

A little planning goes a long way so don't put it off too long.

Items in [blue](#) are available at [Way to Go](#).

TEL: 775-824-0440



PLANNING MAKES PERFECT

Home Checklist

Stop Deliveries/newspapers
Have Post Office hold mail
Arrange for care of pets, lawn and houseplants
Set-up a timed night lighting system
Notify local police of your absence
Leave house key and trip itinerary with a neighbor, plus contact information and insurance numbers.
Empty refrigerator
Eliminate possible fire hazards (unplug appliances, etc)
Turn down thermostat
Turn off water heater
Store valuables in a safe place
Lock all doors and windows
Set automatic sprinklers

Pre-Departure

Reconfirm with airlines
Passport and Visas
Health Documentation
Transportation Tickets
Student ID/Hostel Pass
Emergency Information
Drivers License (International if required)
Insurance
Hotel Reservations
Small amount of local currency
Credit Cards/ATM Card
Trip Cancellation Insurance
Medical Insurance
Personal Identification
Extra Passport Photos
Only keys needed upon return home
Photocopies of all documentation

Basics

Convertible Day Bag
Travel Wallet
Small Day Pack
Travel Clothing
Rain Coat with Hood
Gloves, Hat (visor or brimmed)
Camera, Film, Memory Cards
Camera Batteries and/or Charger
Video Camera, Tapes
Laptop Computer/Cables
Compression Bags
Packing Folders
Packing Cubes
Ziploc Bags
Expandable Tote
Water Bottle
Healthy Snack
Language Book
Travel Watch/Alarm Clock
Guidebooks/Maps
Highlighter Pen/Marker
Reading Material
Note pad/Pens/Pencils
Address Book/Labels
Postcards/Family Photos
Safety Pins
Bandana/Scarf/Sarong
Pocket Knife
Anti-bacterial Hand Sanitizer/Wipes
Safety and Security
ID Security Wallet
Passport Cover
Boarding Pass Holder
Travel flashlight
Neon ID tags
Neon Luggage tags and Straps

Neon cable ties
Adjustable-length Cable Lock
Combination Locks
Cell phone and Charger/Adaptor
Rubber Door Stopper/Motion Alarm/Smoke Alarm
Whistle/Compass Combo
Luggage

Personal Care Items

Hanging Toiletry Kit
Comb/Brush
Toothbrush/Paste
Shampoo/Conditioner
Sunscreen/Lip Balm
Dental Floss
Tissues/Toilet Paper
Toilet Seat Covers
Mouthwash
Deodorant
Feminine Hygiene Products
Soap-Personal
Skin Care Moisturizer
Skin Care Cleanser and Toner
Body Lotion/Body Powder
Cotton Balls/Qtips
Shatterproof Mirror
Make Up/Remover Pads
Nail Polish/Remover Pads
Nail File/Nail Clippers
Tweezers
Travel Perfume Atomizer
Slippers/Socks
Travel Bubble Bath/Shower Gel/Scrub
Razor and Shaving Cream
Travel Towel/Washcloth
Shower Cap/Flip Flops
Plastic Travel Bottles
Dual voltage Hair dryer
Dual voltage Curling Iron/Flat Iron
Extra Eye Glasses/Repair Kit
Contacts/Contact Lens cleaner and solution