

# PACKING FOR YOUR VACATION

Every traveler's itinerary is different. Use the weather report & any scheduled events or activities to help guide your packing.

## TOILETRIES

- Medication and medical supplies (vitamins, pain reliever, first aid kit, etc.)
- Hand sanitizer (80% to 95% alcohol recommended)
- Sunscreen, lip balm, after-sun skin care
- Bug repellent, anti-itch cream or hydrocortisone cream
- Oral care
- Facial and body care
- Eye care
- Hair care
- Feminine care
- Cosmetics

## DOCUMENTS AND INFORMATION

- Vaccination Card
- Passport and visa
- Wallet (ID, health insurance, credit cards, cash, international currency, etc.)
- Boarding passes and confirmation numbers
- Emergency contact information (family, doctors, travel insurance, etc.)
- Copies of all prescriptions, vaccination certifications
- Itinerary

## TECHNOLOGY

- Smart device (phone, tablet), charging cords, etc.
- International travel power adapter
- Camera, batteries, memory cards, etc.
- Noise cancelling headphones or wireless ear buds

## ACCESSORIES AND MISCELLANEOUS

- Mask
- Packable, windproof umbrella
- Sunglasses and hat
- Extra duffel bag
- Binoculars
- Insulated bottle
- Beach tote or waterproof bag
- Beach towels
- Beach or pool gear, toys, etc.

## EVERY DAY WEAR

- Undergarments, pajamas, socks
- Shorts and / or pants
- Tops
- Sundress
- Sweater and / or jacket
- Athleisure / exercise wear
- Swimsuit, coverup
- Flip flops, sandals or water shoes
- Casual or athletic shoes

## EVENING ATTIRE

- Upscale attire (dress, skirt, blouse, slacks, collared shirts)
- Matching accessories (tie, purse, jewelry)
- Dress shoes
- Blazer or sweater

## OTHERS

Example of other special items you might need for a trip to Alaska or cold-weather destination.

- Hiking gear / apparel, boots
- Waterproof / windproof jacket or winter coat
- Gloves, scarves, fleece apparel
- Hand and toe warmers

## CUSTOMIZABLE LIST

Refer to your itinerary for any additional items you may need to bring and use this space to customize your list.

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## TIPS

Packing cubes will help you fit more in your carry-on suitcase and keeps items organized.

Make smart fabric choices for your wardrobe such as wrinkle-resistant fabrics and quick dry fabrics, if you plan on hand washing. Lightweight performance fabrics, merino wool dry or synthetics dry quicker than cotton.

For safekeeping, consider money belts & anti-theft travel accessories with hidden, zippered pockets and RFID technology.

For sunny destinations, consider sun protection clothing and accessories. Look for an Ultraviolet Protection Factor (UPF) rating of 40 or above.

If traveling by air, follow all airline regulations for liquid size requirements, restricted items, checked bag size regulations, and more. Check with your airline for more information.