



Travel Checklist



Getting Ready

- Passport
- Visas and other travel documentation
- Vaccinations and health documentation (if required)
- Transportation tickets
- Credit cards & bank card
- Currency
- Hostel card
- International drivers licence
- Travel insurance information
- Calling card & Canada Direct card

Travel Gear

- Main travel bag (travel pack/duffel bag/luggage)
- Daypack/duffel carry-on bag
- Packing accessories (for clothes, dirty laundry, small stuff and toiletries)
- Money belt
- Security pouch (for passport, tickets and currency)
- Document organizer
- Everyday bag
- Luggage Tags
- Security (locks for pack zippers & hostel lockers, nylon pack cover, cable lock)

Basics

- Camera & extra memory cards
- Hostel sheet & sleeping bag
- Headlamp & extra batteries
- Travel guidebooks, maps, phrasebooks

- Travel journal
- Sunglasses
- Portable music player
- Duct tape
- Watch or alarm clock
- Notepad & pen
- Games, playing cards
- Insect repellent
- Travel cutlery set
- Water bottle
- Sewing kit
- Extra passport photos for visa applications
- Electrical adapters & converters
- Hair dryer
- Mosquito net
- Neck pillow
- Calculator
- Eyeshades for sleeping
- Book
- Binoculars

Clothing

- Lightweight, easy care clothing
- Weatherproof jacket/umbrella
- Warm sweater/fleece jacket
- Sarong
- Sports sandals
- Swimsuit/shorts
- Pyjamas
- Brimmed hat
- Bandana
- Wool blend socks
- Hiking/walking footwear



We're with you every
step of the way.



Travel Checklist



Travel Health (First Aid Kit)

**Consult your travel health authority for detailed medicinal needs.*

- Antiseptic cream or tea tree oil
- Calamine lotion or Aloe Vera
- Imodium AD, Pepto Bismal tablets, or Oil of Oregano
- Bandages
- Moleskin/foot powder
- Scissors, tweezers, pocket knife/multi-tool
- Contraceptives
- Necessary medications, supplements & vitamins
- Painkillers
- Water purification system

Toiletries

- Toothbrush & paste
- Dental floss
- Deodorant
- Liquid laundry soap & line
- Universal sink stopper
- Brush/comb
- Hair care
- Skin care lotion/creams
- Sunscreen/lipbalm
- Leak proof travel bottles
- Make-up
- Mirror
- Nail file/clippers
- Quick-dry towel/washcloth
- Tampons
- Contact lenses & solution
- Waterproof pouch for stowing documents when showering
- Toilet paper/tissues
- Moist towelettes

Home Checklist

- Arrange for care of pets, plants, & lawn
- Stop deliveries
- Stop newspaper
- Have post office hold mail
- Empty refrigerator
- Turn off cold-water intake valve on hot water heater
- Turn down water heater
- Re-set sprinklers
- Set up a timed lighting system
- Eliminate possible fire hazards (unplug appliances, etc.)
- Turn down thermostat
- Store valuables in a safe place
- Lock all doors and windows
- Leave house key and trip itinerary with a neighbour or friend
- Leave flights and hotel itinerary with a relative
- Advise home alarm company of absence
- Advise bank of future foreign credit card use
- Pre-pay bills
- Reconfirm/check-in online with airline



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