

Basic Travel Checklist

CLOTHING

**Stick to one or two color palates so outfits are easier to coordinate.*

- 4-5 tops, types will depend on the weather and reason for travel
- 3 bottoms, types will depend on the weather and reason for travel
- 1 semi-formal outfit, such as a dress or a suit
- 7 undergarments
- 7 socks/stockings
- 2 sets of separate exercise clothes including socks, if needed
- 2 sets of pajamas or other sleepwear
- 1 lightweight foldable jacket or other outerwear, climate appropriate
- foldable rain jacket

TOILETRIES

- Dental supplies: toothbrush, toothpaste and floss
- Soap, shampoo and conditioner
- Deodorant
- Makeup and makeup remover, if needed
- A hairbrush and hair accessories like bobby pins, if needed
- Sunscreen
- Face cleanser and moisturizer
- Body moisturizer
- Hand sanitizer
- Shaving supplies, if needed
- Laundry soap sheets or packets of travel-sized laundry detergent, if needed

ACCESSORIES

- 3 pairs of shoes: a dressy pair, stylish sneakers that double as workout and walking shoes, and flip-flops for your hotel room, the pool or spa
- 2 bags: a tote or backpack and a smaller crossbody or clutch
- Sunglasses
- Inexpensive jewelry, if needed
- A voltage adapter, if traveling internationally

FOR YOUR CARRY-ON

- Eyeglasses, if needed
 - Prescription medication and vitamins, if needed
 - A mini-medical kit: bandages, a pain reliever, a topical analgesic and diarrhea medication
 - Chargers for your electronics
 - Travel documents, including passport, if traveling internationally, along with copies of your passport, identification and copies of your identification
 - T.S.A. size-approved toiletries
 - Earplugs
 - Lip balm (helpful for chapped lips which are common in-flight)
 - Valuables: jewelry, camera, tablet and/or laptop
 - Headphones
 - Neck pillow and blanket
 - A change of clothes
 - Melatonin or other sleep aid to help with jet lag, if crossing time zones
 - An empty water bottle (fill this post-security)
 - Entertainment: books, magazines, iPad
 - A pen
 - Travel-friendly food: nuts, energy bars, whole fruit or a sandwich
-

