

# The Ultimate Traveler's Checklist

Included in the Pack It Up Book & DVD

## Basics

- Zip-top Plastic Bags
- Dry Cleaner Bags
- Compression Bags
- Flashlight, Extra Batteries
- Travel Alarm
- Spare Glasses, Contacts
- Address Book, Labels
- Photos From Home
- Flip Flops, Thongs
- Tissues
- Expandable Tote Bag

## Personal Care Items

- Hanging Toiletry Kit
- Personal Hygiene Items
- Nail Clippers
- Pain Reliever, Antacids
- Insect Repellent
- Sunscreen, Lip Balm
- First Aid Kit, Band-Aids
- Washcloth
- Vitamins
- Motion Sickness Remedy
- Perfume Atomizer
- Laundry Kit, Travel Soap
- Microfiber Travel Towel

## Clothing

- Walking Shoes
- Sandals, Thongs
- Dress Shoes
- Socks & Hosiery
- Lingerie
- Belts & Accessories
- Skirts, Dress
- Casual Pants & Shorts
- T-Shirts (short & long sleeve)
- Sport Coat & Dress Pants
- Suit & Dress Shirts
- Neck Tie, Silk Scarf
- Sweaters
- Swim Wear, Sarong
- Sleep Wear
- Athletic Wear, Runners
- Rain Coat with Hood
- Gloves, Hat, Scarf

## Safety & Security

- Security Wallet
- (passport, credit cards, cash, airline tickets, atm card, etc.)
- Photocopies of all documentation
- Photos of travel companions
- TSA Luggage Locks
- Whistle, Compass

## ...and in your Carry-On Bag

- Anything Valuable
- Purse, Wallet, Coin Purse
- Medications
- Camera, Film, Batteries
- Healthy Snack & Water
- Neck Pillow, Eye Shades & Ear Plugs
- Toothbrush, Toothpaste
- Change of clothes
- Glasses, Sunglasses
- Make-up, Moisturizer
- iPod, CD Player, CD's
- Reading Material

## For Work

- Briefcase
- Laptop Computer, Battery, Modem
- Cell Phone, PDA, etc.
- Converters, Adapters
- Extension Cord, Calculator
- Rubber Bands, Paper Clips
- Business Cards
- Highlighter Pen, Marker

## Easy To Pack Gifts

- Playing Cards, Dice
- Frisbee, Bubbles, Games
- Bandana, Hat, Scarf
- Inflatable Beach Ball
- Packable Gifts Bags, Cards

## If You Still Have Room

- Travel Umbrella
- Currency Converter
- Sewing Repair Kit
- Eye-glass repair kit
- Duct Tape
- Hair Dryer, Slippers
- Pedometer

**For more packing tips and The Ultimate Traveler's Checklist™ read "Pack It Up" The Essential Guide to Organized Travel by Anne McAlpin available from [www.PackItUp.com](http://www.PackItUp.com)**