

1 hand free - organized - clutter free

PACKING LIST -

liquids - 3.4oz per item max - all in quart size baggie

	underwear
	bras
	socks
	pj's -
	warm under bottoms
	warm under top
	long pants
	shorts - double as pjs
	skirt?
	short sleeve
	long sleeve
	warm layer / fleece (not heavy swshirt)
	vest
	rain jacket / light jacket/ poncho
	warm jacket / down sweater
	swim suit - only if they tell you
	belt
	baseball cap / sunvisor
	warm hat / head band
	gloves
	scarf / bandana
	water resistant comfortable shoes/ deoderize
	good walking shoes / plastic bag
	sandals / flip flops
	inserts/ febreeze / plastic bag/ cotton bag
	CARRY-ON/ packable TOTE /ck if 25 lb max
	Suitcase - take pic +pic of baggage claim
	money belt / passport holder/WALLET
	back pack / purse // safe 'zone'
	big zip lock bag - wet stuff/breakable liquid
	quart size baggies -food-
	baggies (food leftovers/apples/day snacks)
	caribiner
	SPORK
no	umbrella / poncho
	Travel pillow
	SAFETY PINS - needle with thread
PRE-TRIP	Airborne / emergen-c
PRE-TRIP	convert \$, "code word", get Rx's,
language	hello, thank you, excuse me, good-bye
	yes, no, where is WC, how much costs

	toothbrush & toothpaste + <u>retainers</u>
	make-up
	dental floss
	Shampoo/ conditioner / hair spray
share	blow dryer, curling iron, hair stuff
	wet wipes/ sweat wipers/sanitizing
	hand size sanitizer (under 4 oz)
	chapstick
share	sunscreen
	breath mints / gum
	ESSENTIAL
	<u>Passport - easy access -on you always -copy</u>
	Airline Tickets/boarding passes
	NOTEBOOK with all reserv/conf. nbrs /phone nbrs
	Credit / Debit cards - advise bank of travel dates/country/stat
	CASH- \$100-300 min. for emergencies
	Cell phone/charger/outlet adapter/zip lock bag/INT'L PL/
	Rx Meds / script copies or accessible to family at home
	Extra glasses / contacts - pack separately
	Euros or clean crisp \$20's \$50's
	Cash - keep enough for departure taxes / bathroom coins
	Camera, 2 cards, charger - bag / strap/zip lock
	Outlet adapters in bright bag /qty on bag/ personalize
	Extra passport photos - if long trip/replace passport on site
	notarized copy of passport - pack separately from passport
	Driver's licens / picture i.d. with age proof
	SMALL CARD - in pocket - phone number group leader
	kleenex (for bathrooms)
	small nalgene / water bottle
	small flashlight
	headset for airplane --
	snacks for airplane
	Name/address INSIDE each suitcase/bag
	Rx Meds / script copies or accessible to family at home
	Sulfa antibiotic for urinary/bladder infections
	Extra glasses / contacts - pack separately
	Rx for travelers' diarrhea/ immodium / TUMS
	Tylenol, Ibuprof,
	DECONGESTANT
	ALLERGY
	COUGH DROPS/THROAT LOZENGES (plane/dry places)
	Abreva

BE AWARE - no hurry - polite but not afraid to be rude politely