

Christine's Adventure Travel Prepping and Packing Checklist

Print a fresh list for each trip!

PRE-TRIP PLANNING CHECKLIST			Page 1/4
Destination:	Dates:	Name:	
TO DO IN MONTH BEFORE LEAVING	TO DO IN WEEK BEFORE LEAVING	TO DO DAY BEFORE TRAVEL	
Check Passport expiration date	Do most of packing of carry-on & checked luggage	Pack last minute items	
Check for visa requirements	Give travel itinerary to those who need it	Set out travel clothes to wear on plane	
Make all reservations	Pay all bills due while gone	Clean out fridge and give away perishables	
Buy trip insurance! Allianz, TravelEx, etc.	Arrange transport to and from airport	Leave extra set of car and house keys w/neighbors	
Update vaccines, order extra prescriptions	Backup passwords needed while traveling	Water all plants thoroughly, prep pet supplies	
(Go over packing list and replace items like... ·First aid, toiletries, snacks, meds, host gifts)	Suspend mail subscriptions if away 30+ days	Charge up phone and other devices	
Break in any new shoes and buy fresh insoles	Arrange for mail pick up or arrange for PO to hold	Check that you've put any TSA carry-on restricted items in your checked luggage, like pocket knives.	
Arrange for house/pet sitters and make 'To Do' List	Make personal/ job 'To Do' list to tackle after trip	Finish packing & weighing luggage	
Check all luggage ID tags, zippers, wheels	Unsubscribe from email lists/social notifications	Remove any items from your wallet you won't need	
Order travel guide books & maps or download		Make list of items to not forget-	
Schedule a haircut	Smartphone/tablet to do:	Things needed until last minute that can't be packed such as phone, cords, computer, meds, etc.	
	Call cell phone company to get global calling plan	Check into your flight online 24 hours in advance	
Bank:	Download travel apps, What's App, Google translate	Set up an 'out of office' message for your email	
·Get foreign currency in small bills	Download ebooks for your destinations	Back up computer if bringing on trip	
·Call bank to give travel destinations for credit cards	Download local Google maps for offline use	Extra hydration, light meal, early to bed!	
·Pay credit cards so plenty of room for emergencies	Download trip specific bird calls and ID apps	Put valuables away or in safe	
	Download songs, Audible books	Clean & tidy the house	
NOTES:	Add images of important documents, like... passport, ID, itinerary, contacts		
	Add a lock screen for security	TO DO HOUR BEFORE LEAVING	
	Remove unnecessary files to clear space	Switch out valuable, attention-getting jewelry	
	Set up a trip blog and share it with friends!	Turn down heat, adjust lights, set timers	
	Set your phone to destination time with Global Clock	Check all appliances are off or unplugged	
		Lock all doors and windows, set alarms	
		Take out the trash & recycling	
		Give extra hugs & kisses to the pets!	

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PACKING CHECKLIST			Page 2/4
PURSE:	CARRY ON BAG #1:	CHECKED BAG:	
Squeeze light & whistle attached to zipper pull	Purse and tablet goes inside plus: (Mostly things to ease plane trip):		
Wallet:	Healthy snacks for plane, tea bags, Emergen-C	CLOTHING:	
Passport (valid for + 6 months after trip)	Headphones	Garment folder with the following:	
Driver's licenses: International and U.S.	Inflatable cushions: neck,lumbar,foot	·Shirts - long & short sleeved. Dressy & field	
Vaccination card, health insurance card	Slippers and soft socks	·Skirts/skorts/shorts for beach, town, resort	
U.S. and foreign money in small bills	Reading material, then recycle in airport	·Long pants. Dressy & field, with side pockets	
Credit cards, personal business cards	Map of area I'm flying over to enjoy landmarks	·Dresses - light,stretchy with/ tights / leggings	
Loyalty cards/frequent flyer cards	Laminated copy of passport and IDs	~~~~~	
	Journal: hardcovered, spiral bound & pen	Jacket (weight depending upon destination)	
Zippered pouch:		Sweater (weight depending upon destination)	
Itinerary with flight,hotel,car, guides, local contacts	CARRY ON BAG #2 (overhead roller bag)	Vest for field with zippered pockets	
Hard copies of tickets (back up on phone)	(Things you couldn't do without if luggage lost)	Rain jacket/wind shell and pants	
List of emergency contacts and health info	Hard copies of all docs in a folder	Socks light and heavier, underwear, bras	
Sunglasses/prescription reading & distance glasses	Prescription meds in original bottles	Hats: baseball,wide-brimmed, and beanie	
Smart phone w/ songs, audio books	Baseball cap and/or warm hat & scarf	TSA approved belt with non metal buckle	
Earbuds/earplugs	Light scarf for warmth & modesty	Handkerchief/bandanas (a million uses!)	
Eye mask	Light cardigan / sweater	Pajamas and house slippers/flipflops	
Ginger chews and/or breath mints	Laptop computer and/or tablet, power cords	Clogs/sandals/hiking, walking shoes, insoles	
Small notepad & pen	Bluetooth mouse and mini keyboard	Stuff sacs for laundry, bulky clothing,muddy gear	
	Case for computer/tablet	Extra pair of prescription glasses/contacts	
Toiletries in clear quart size bag for airport security:	Portable device charger and cord	Lightweight metal clothes hangers	
(liquids must be less than 3.4 ounces each)	Binoculars with neck strap,in carrying case	Totebag in a pouch	
Eye drops, lip balm and gloss	Laser pointer, cleaning brush & lens wipes	TSA approved padlock for bags	
Hair scrunchie, nail file	Phrase book in local language		
Small pill case for assorted meds/vitamins	Camera, bag, cords,batteries, memory cards	Hot climate specific gear:	
Lotion with sunscreen, small talcum powder	Money stash for emergencies	Swim suit, body suit, snorkle gear	
Toothbrush & paste	Art supplies kit for plane: pencil,pad, paint,brush	Cooling neck gaiter	
Hand sanitizer and/or wipes and mini Kleenex	Laminated copy of passport and IDs	Bug net hat and jacket	
Aromatherapy stress soother calming balm	Spotting scope and tripod for birdwatching		
Insect repellent towelette		Cold climate specific gear:	
Jet-lag supplement	Change of clothes in event luggage is delayed/lost:	Winter clothes,gloves, boots, balaclava	
	(Shirt, pants, underwear, socks, shoes, pajamas)	Long underwear, parka	

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PACKING CHECKLIST			Page 3/4
		CHECKED BAG (continued from previous page):	
Toiletries in zippered, hangable bag	Small daypack/fanny pack for hikes	Nature Sketching Supplies	
(putting any liquids in ziplock bag)	Picnic fork,spoon,knife,wine/beer opener	Paper, pencils,pens, watercolors,etc	
Lip balm w/sunscreen, lip gloss	3rd copy of all travel documents/passport/IDs	(See complete supply list on my website)	
Que-tips , small mirror	Small presents for hosts (think unique,locally made)	Mini magnifying lens for nature study	
Hair brush or comb,scrunchy for hair	Duct tape for all kinds of repairs	Small containers for nature treasures	
Face washcloth and/or quick dry camping towel	Birdwatching tripod, scope, bird lists for regions		
Scrubby body glove for tenacious dirt	Activity-specific gear for sports (hike,ski,scuba,bike)	Super luxurious extras if there's room:	
Soap,shampoo,conditioner,body lotion	Plastic bag to put muddy gear in	(suggested by my readers)	
Toothbrush, paste, floss, mouthwash	Guides books, phrase books, bird ID books, maps	Deck of cards or other travel games	
Foot/nail scrubby brush	Zipties and a clipper (for quick securing of luggage)	A pillow (down filling compacts the best)	
Sunscreen (high SPF & waterproof)	Lightweight bag for shopping (like stuffable ones)	Beach towel	
Razor and shave cream		An extra pair of binoculars	
Baby wipes,hand sanitizer, talcum powder	Healthy snacks:	A collapsable walking stick	
Clothesline, sink stopper	Dried fruit and nuts, jerky,	My teddy bear :-)	
Laundry soap (Purex 3 in 1 dry leaves)	·Granola bars, tea bags, instant coffee packs		
Extra ziplocks in quart and gallon	·Tea-herb, green,black, sleepytime, emerg-c,		
Small pump bottle w/ cleansing scent & Poo-Pouri	·Breath mints, Emergen-C,collapsable water bottle		
Nail polish,nail file, nail clippers	·Specific foods for dietary restrictions		
Bug repellant / skin so soft bug gel		Notes:	
Night light to plug in wall for dark hotel rooms	Technology & Gear:		
Medicines, prescriptions, vitamins	Electronics plugs & cords (fast charging versions)		
Regularity supplements, Smooth Move Tea	Tablet, portable device charger and external hard drive		
Small box with earrings (no fancy ones!)	Flash drive for backing up files & images		
	Foreign electrical adapters/converters		
Books: travel guides, bird guidebooks	Small flashlight and/or headlamp		
Post-it notes for marking pages	Extra batteries for all devices		
Maps in zippered waterproof pouch	Old smartphone for images,songs, Audible books,WIFI		
Another copy of all travel docs			
	First Aid Kit: (see separate list next page)		

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FIRST AID KIT CHECKLIST			Page 4/4
(Note: brand names are listed for convenience only.)	Consult your physician for specific recommendations)	Notes:	
Acetaminophen/aspirin (pain/fever,extra strength)	Oral rehydration salts (dehydration)		
Aloe vera gel (sunburns) and burn cream	Pads (for covering wounds)		
Anbesol (oral anesthetic for tooth injury)	Paper and pencil (for notes)		
Antibacterial wipes (Benzalkonium Chloride)	Pepto-bismol/ Gas X (antacid)		
Antihistimine (like Claritin,diphenhydramine HCL)	Polysporin (triple antibiotic ointment for cuts)		
Antiseptic wound cleaner/alcohol wipes	Povidone iodine wipes (wound cleaning)		
Bandage wrap - elastic for sprains	Salt in a ziplock for wound irrigation		
Band-aids (various sizes and shapes)	Scissors and safety pins		
Benadryl pills and gel (insect bites)	Sectasooth/Afterbite itch eraser (for insect bites)		
Ciprofloxacin (antibiotic for food poisoning)	Sedative/sleepaid		
Cough drops/suppressants/expectorant	Sunscreen		
Digital thermometer	Syringe w/o needle (for wound irrigation)		
Dramamine (motion sickness)	Tape, elastic (for wrapping wounds,stabilizing joints)		
Dulcolax (laxative)	Thermometer		
Eye drops,Q-tips	Theraflu (cold medicine)		
First Aid manual/pocket guide	Tinactin (Antifungal cream)		
Gloves,disposable	Tweezers - fine pointed		
Hydrocortizone (anti-itch cream)	Whistle and signaling mirror		
Ibuprofen (200 mg Proprinal for inflammation)			
Immodium (antidiarrheal)	Specialty Items unique to self :		
Insect repellent (DEET, Avon Skin So Soft bug guard)	Vaccine record for self		
Iodine tablets (water purification)	Emergency contact info & copy of passport/license		
Moleskin (blisters)	First Aid certification card		
Mylanta or Nutralox (antacid/heartburn)	Extra prescription medications in original bottle		
Nausea medications	Inhalers,diabetes meds., epi-pen etc		