

# BASIC TRAVEL CHECKLIST



## CLOTHING

- 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

- 0 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

## ACCESSORIES

- 43 pairs of shoes: a dressy pair, stylish sneakers that double as workout and walking shoes, and flip-flops 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

- Prescription medication and vitamins  
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
- Earplugs
- 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