

## Traveler's Checklist

Remember to pack light and leave room for any souvenirs you may want to bring home. Keep in mind the climate and type of program you are going on: Will there be a lot of outdoor activities? Will it be cold or hot? What is appropriate dress for some of the places you will be visiting? Also keep in mind the local culture and remember some countries dress more conservatively.

### Before you go:

- ☐ Passport
- ☐ Visa (if required)
- ☐ Immunizations/medical check-up
- ☐ Health documentation
- ☐ Credit & ATM cards (with PIN numbers)
- ☐ Host country currency
- ☐ U.S. cash (for before you leave & when you return)
- ☐ Plane tickets
- ☐ Extra ID
- ☐ Extra passport photos
- ☐ Emergency info (medical, itinerary, contacts)

### Health Care Needs:

- ☐ Prescriptions
- ☐ Contacts/eye glasses (+ extra pair)
- ☐ Band Aids
- ☐ Antiseptic cream
- ☐ Sunscreen
- ☐ Tweezers
- ☐ Aspirin, Tylenol, Ibuprofen
- ☐ Cough or cold medicine
- ☐ Antacid
- ☐ Diarrhea medicine
- ☐ Malaria pills (if needed)
- ☐ Toiletries/grooming supplies

### Important Basics:

- ☐ Adapter/Converter
- ☐ Alarm clock
- ☐ Batteries
- ☐ Camera & accessories
- ☐ Cell phone/smart phone
- ☐ Dictionary (of host language)
- ☐ Lock/keys for suitcase
- ☐ Laptop/tablet
- ☐ Money belt/neck pouch
- ☐ Travel pack/backpack
- ☐ Watch

### Clothing:

- ☐ Drip-dry, no-iron, minimal care
- ☐ Layerable clothes for weather changes
- ☐ Gloves/scarf
- ☐ Formal outfit (if needed)
- ☐ Hat
- ☐ Shirts/T-shirts
- ☐ Shoes (casual, dress, hiking)
- ☐ Socks
- ☐ Sweaters
- ☐ Pants/Bottoms
- ☐ Underwear
- ☐ Waterproof jacket/poncho

### Miscellaneous:

- ☐ MP3 Player/e-book reader
- ☐ Cards/games
- ☐ Sewing kit/super glue
- ☐ Towel or washcloth
- ☐ International calling card
- ☐ Small gifts for host family
- ☐ Umbrella
- ☐ Sunglasses
- ☐ Ear plugs
- ☐ Plastic zip-lock bags
- ☐ Insect repellent
- ☐ Travel guide
- ☐ Maps
- ☐ Journal
- ☐ Small flashlight