



Your Get Packing – The Ultimate Travel Guide Checklist

This list has been assembled to cover a wide range of travel options. We recommend that you print out a copy, think about which of these items are suitable for you, and then use the check box beside your chosen items to note down when you have included these in your planning or packing.

In each section, we have provided space for you to add any additional items that may be specific to your own particular needs.

TRAVEL ESSENTIALS

- Documentation and Money Matters

- tickets or e-ticket confirmation documents – for reference and for proof of travel arrangements
- original passports for everybody traveling (with at least 6 months validity)
- visas (if necessary, depending on destinations and your passport place of issue)
- 3 photocopies of passport, visas, tickets, itinerary, marriage and birth certificates (1 in checked-in luggage, 1 in carry-on and 1 at home)
- wallet and money belt / bum bag – only one
- drivers license with photo ID and international drivers certificate where this is also required
- medical travel insurance certificate – to prove that you do have medical coverage
- credit cards – remember to let the providers know that you're traveling before you leave (and of course remember your PIN numbers)
- copies of credit card number(s) and contact details in case of loss
- cash or travellers cheques, cash passports, etc (consider bank issued foreign currency debit cards as an alternative to cash)
- vaccination certificates (if needed, depending on your destinations)
- _____
- _____
- _____
- _____
- _____

- Personal Accessories

- sunglasses
- reading or prescription glasses or contact lens with copy of your optical prescription, case and lens cleaners
- first aid kit – bandaids, cotton buds, bandages, aspirin, anti-diarrheal medication, travel sickness tablets (if required), vaseline, etc
- prescriptions (to take with any prescribed medications in case you are questioned about what you're carrying)
- prescription drugs (in carry-on luggage to make sure they don't get mislaid) – wherever possible make sure that you have a sufficient quantity of any prescribed medication so that you don't run into supply problems overseas
- Handi-wipes – these can be an absolute boon
- hand lotion / moisturiser
- hats/caps/visors – whatever form of head cover suits your destinations
- watch – even if you don't normally carry one
- small torch – handy accessory to have available and at hand while away
- sewing kit – quite often a very basic one can be enough to sew buttons back in place
- travel alarm clock – or mobile phone with alarm capacity
- travel diary – to keep a record of where you've been and what you've done
- address book – so you can remember where to send postcards, etc
- sunscreen and lip gloss – chapped lips can be a curse
- toiletries – to suit your own requirements – but remember airline hand luggage restrictions
- insect repellent – particularly if you're traveling to warm weather climes
- collapsible travel pillow for long haul flights – inflatable ones take up almost no space
- daypack – simple backpack is generally best for this function, since they flatten out when they are not in use
- small folding umbrella or poncho – often a necessity, and not always easy to find overseas
- water bottle – this can always be purchased en route – it's not always recommended to drink the local water unfiltered or unboiled
- foreign language phrasebook and dictionary – especially for those traveling to regions where the language spoken isn't your own who feel a little overwhelmed about making themselves understood all of the time
- maps where appropriate – although GPS devices may replace the need for these
- reading material for the plane and lounging by the pool, or maybe rugged up in front of a roaring fire
- journal or notebook with pen or pencil – remember to keep track of your thoughts and ideas

- business cards with email address to give to new friends that you find during your travels
- a list of home and email addresses for friends and family back at home
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

- Gadgets And Others

- Electrical adaptor plugs
- digital camera (with handbook preferably) – and spare memory cards
- battery charger for camera if it uses rechargeable batteries
- mobile phone and charger (make sure that it has been set up for international roaming before you leave)
- laptop computer (if you think you need it)
- set of USB adaptors for your laptop
- electrical power board with multiple sockets
- Ipod or MP3 player and charger
- Swiss army knife (only in checked-in luggage for obvious reasons)
- binoculars
- duct tape or strapping tape – don't try to carry this in your hand luggage
- supply of zip lock ties for securing luggage, etc -single use (from most hardware stores) – recommended in your checked in luggage
- extra luggage name tags (in case any are lost)
- zip loc bags for wet items such as garbage / laundry use – very handy items that are easy to pack
- a corkscrew (ensure that it goes in the checked luggage) – not all countries provide wine in screw top bottles
- ear plugs (or ideally noise reducing headphones) and eye shades – particularly when you are traveling coach class on long haul flights
- plastic cups/mugs – so you always have something you can drink from

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

WOMEN'S ITEMS

When packing, always keep in mind the likely climatic zones that you will be traveling through on your trip. Remember that summer in one hemisphere means winter in the other!

For information on the climatic conditions that you are likely to be experiencing, log in to the readers only section of the Get Packing website:

(<http://readers.getpackingtravelguide.com>)

and look for “Climatic Information Around The World” under the “Useful Stuff” menu header.

Remember to follow the “mix and match” guidelines given in our book to reduce the weight and space taken by clothing that you’ll need to take with you.

- Cruise or Resort Clothing

- underwear (thermal if required) – 3 to 5 sets
- nightwear and robe
- compression stockings (for long haul airplane flights to prevent swollen ankles)
- exercise/walking socks
- purses (day and evening)
- belts
- scarves and pashminas
- gloves and beanie cap (if you are expecting cold weather)
- walking shoes and sandals
- rubber sandals for reef walking and beach
- evening shoes
- costume jewelry and extra watch
- swim suit
- swim suit cover-up/sarong

- flip flop shoes (or “thongs” if you live in Australia)
- gym attire
- dress/outfit for informal nights
- dress/outfit for formal nights
- dress/outfit for casual nights
- shorts
- tops of all types (sleeveless, short-sleeved, long-sleeved)
- slacks
- windbreaker jacket
- sweatshirt – suitable for exercising, etc
- evening sweater
- raincoat with hood
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Personal Care Items

Remember the limitations upon what can be carried in the aircraft cabin with you, so that you don’t find your precious items being confiscated at the airport security desk.

Airline carry-on restrictions are subject to change without notice. Always check with your carrier if you are unsure of what the current regulations are.

- blow dryer (only if this isn’t available at your destinations) – if you do take it, watch for different voltages in many countries – a lower or higher voltage than it is designed for can blow up a dryer (check the label first)
- curling iron or curlers – again check that it is suitable for countries with different voltage ranges
- comb/brush
- hair gel
- hair spray (non-aerosol) – for flights, aerosol containers may burst
- shampoo and conditioner
- shower cap

- bar soap in plastic container
- deodorant
- toothbrush, toothpaste, mouthwash and dental floss
- tweezers – don't put these in your carry-on luggage when flying
- make-up mirror – wrapped to protect from broken glass getting into other luggage items
- make-up and make-up bag (list can be endless!)
- make-up remover
- cleanser
- moisturizer and freshener
- nail polish and remover
- nail clippers and file (be sure to pack in checked luggage)
- razor and shaving cream
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

MEN'S ITEMS

For information on the climatic conditions that you are likely to be experiencing, log in to the readers only section of the Get Packing website:

(<http://readers.getpackingtravelguide.com>)

and look for “Climatic Information Around The World” under the “Useful Stuff” menu header.

In general, men are easier to pack for as far as clothing is concerned, since they are generally less fussy about being seen in the same outfit twice on a cruise, for example.

- Cruise or Resort Clothing

- underwear (briefs or boxer shorts)
- nightwear and robe
- compression socks or stockings (for airplane flight to prevent swollen ankles)
- exercise/walking socks

- black dress socks
- belts
- gloves and beanie cap (if expecting cold weather)
- scarf and overcoat if traveling into winter climes
- walking shoes and sandals
- rubber sandals/shoes for reef walking and beach
- evening or dress shoes
- casual shoes
- tuxedo jacket and pants (or dark suit)
- tuxedo tie, cufflinks and dress shirt
- sport jacket
- business shirts and ties
- swim suit and throw over
- gym or exercise attire
- shorts
- casual shirts and shorts
- slacks (casual and dress)
- windbreaker jacket and track tops
- raincoat with hood
- _____
- _____
- _____
- _____
- _____
- _____

Personal Care Items

Remember the limitations upon what can be carried in the aircraft cabin with you, so that you don't find your precious items being confiscated at the airport security desk.

Airline carry-on restrictions are subject to change without notice. Always check with your carrier if you are unsure of what the current regulations are.

- comb/brush
- shampoo and hair products
- bar soap in plastic container

- deodorant
- toothbrush, toothpaste, mouthwash and dental floss
- tweezers
- nail clippers and file (be sure to pack in checked luggage)
- razor and shaving cream (or electric razor and supplies)
- _____
- _____
- _____
- _____
- _____