**Packing tips**

I once read there are two types of luggage – carry on and lost. I strongly adhere to that. In order to minimize your belongings, put everything in one place with your luggage. Choose critical items and outfits for each day/occasion. Keep removing half the items until they fit. Ask yourself if you will ever see the people again. Ask yourself if you can survive without the item. No, really, can you survive?

Packing cubes and compression bags are invaluable. You can put a day’s worth of clothes per cube or types of items. I like to pack the components of outfits together so I am not pulling everything apart searching for the jacket that accompanies something. I pack around matching colors to minimize shoes and to mix and match. If I am moving a lot or on a tour where I may have to leave a bag out before I am ready to go each morning, I keep critical things in my carry-on like my PJs so if I am running late, I am set. Watch your weight! Going over the 50-pound limit on most flights gets very expensive.

Women

Bras & Underwear

Socks

Sleepwear

Robe (will your hotel have one or can you wear something else?)

Dresses

Skirts

Slacks

Shirts

Blazers

Sweaters

Dress Shoes

Slippers (can you get by with socks?)

Sandals/Flip Flops

Sweaters or fleece jacket

Travel Vest

T-shirts and tank tops (be respectful of the culture you are visiting)

Pants and/or shorts (No shorts at night in restaurants)

Belt

Socks – dress, hiking

Stockings (do you really need them?)

Comfortable walking or hiking [shoes](https://www.eaglecreek.com/blog/best-travel-shoes.html)

Rain jacket, windbreaker or umbrella

Scarf

Shoulder cover (churches or temples)

Swimsuit or swim trunks – consider a [wet/dry](http://www.eaglecreek.com/shop/pack-it-active-wet-dry-2-in-1-ec0a3sbl) organizer

Jewelry (if valuable, put in carry-on)

Purses (do you really need more than one?)

Men

Dress shirts

Casual shirts

Jeans

Pants

Sleepwear

Pants and/or shorts (No shorts at night in restaurants)

Belt

Socks – dress, hiking

Sweaters/sweatshirts

Suits

Swimsuits/cover-ups

Coats/jackets/rainwear

Hats

Gloves

Ties

Leisure shoes

Hiking/athletic shoes

Snow/rain boots

Dress shoes

Sandals/flip-flops

**Children**

Clothing and sleepwear

Toys and books (I like to keep some reserved for later in the trip)

Food and formula, if necessary

Snacks

Diapers

Bag for dirties

Changing pad

Pacifier

Change of clothes in carry-on

Bibs

Wipes

Baby carrier

Stroller

Portable high chair

Kids’ headphone

Kid tablet

**Toiletries**

Essentials

Toothbrush

Toothpaste

Brush/comb

Shampoo (most hotels have this)

Hair conditioner (only the nicer hotels have this)

Lip balm

Deodorant

Dental floss

Sunscreen

Hair appliances

Hand sanitizer

Pain reliever

Bandages

Diarrhea/laxative medicines

Nail file

Cottons swabs

Hair ties, barrettes/bobby pins

Allergy medicines

Hydrocortisone cream/antibacterial ointment

Eye drops

Prescriptions in original packaging (you’ll want to make sure you have these in your carry-on bag just in case something were to happen to your checked luggage)

Cold medicines and throat lozenges

Airborne

If applicable

Makeup

Makeup remover

Insect repellent/ mosquito net/sting reliever

Birth control

Feminine hygiene products

Incontinence products

Contact lenses and solution

Glasses and glasses case

Backup glasses

Anti-itch cream = Hydrocortisone cream

Asthma inhaler

Motion sickness pills or bands

No jet lag

Altitude treatment

Malaria pills

Shaving supplies

Nail polish touchup

Binoculars

Knee, ankle, back support brace or bandage

Sunburn relief

Medicines and vaccinations specific to the region/activity

Sleeping medicines

If you are packing light, consider omitting these

Shampoo (most hotels have some)

Moisturizer

Vitamins (you will survive without them for a short time)

Soap (most hotels have some)

Facial cleanser

Tweezers

Mouthwash

Cotton balls

Stain remover

Sewing kit

Laundry detergent

Cologne/perfume

Hair products like hairspray, hair gel and beard oil

**Electronics**

Cell phone

Laptop

Tablet/e-reader

Electronics chargers for each one (cord and plug)

Portable charger

Headset/earbuds

Noise cancelling headset (Make sure you charge it before your trip)

Cameras and charger

Memory card/film

Underwater camera

GoPro camera with attachments

Camera Lenses

Voltage converter if necessary (most electronics do not need this, hair dryers unless they have dual voltage do)

Foreign adapter plugs (get multiples for charging requirements)

Alarm clock (can your phone do this?)

Flashlight (can your phone do this?)

SIM card (if your phone is open)

Hot spot [www.Wirelesstraveler.com](http://www.Wirelesstraveler.com)–tell them Linda de Sosa with Travel Experts sent you

Hair dryer (most hotels will have this)

Curling Iron

**Luggage/packing aids**

Suitcase

Daypack/Backpack/Messenger bag

Under-seat carry on

Money belt

Compression socks

Purse (may want to put this is your carry-on so it doesn’t count as a separate piece)

Plastic bag for liquids

Packing cubes

Compression bags

TSA locks

Toiletry kit

Jewelry pack

Collapsible totes

Under-clothing document holders

Umbrella

**To pack in your Personal Item**

Wallet

Prescriptions summary

Medication

Emergency contacts

Credit card/bank contacts (not 800 numbers if overseas)

Copies of passport/credit card/etc.

Paper / pen

Cash

Foreign currency

Credit cards (check if foreign surcharge, credit limits)

ATM cards (check if foreign surcharge, daily limits)

Insurance (Travel insurance, medical, car)

Itinerary

Confirmations/ vouchers

Maps/directions

House keys (only one, not for every door)

Car keys

Sunglasses

Sun hat/visor

Tissues

Allergy meds  
Passport

RFID passport holder

Visas

Driver’s license

International Driver’s license (if necessary)

Snacks, gum

Jewelry

**To pack in your Carry on**

Change of clothes

Guidebooks

Headphones / earbuds

Travel blanket (omit to travel light)

Travel pillow

Earplugs

Eye mask

Tissues

Lip balm

Chargers for electronics using during travel

Books/magazines

Empty water bottle

Work items

Portable charger

**To do before you go**

Sooner than later

Arrange time off at work

Arrange for mail delivery or hold

Stop newspaper delivery

Deal with trash service

Alert neighbor of absence to report unusual activity or pick up packages

Consider TSA precheck and global entry

Check validity on Passport for 6 months beyond return

Check need for visas  [www.cibtvisas.com/travelexperts](http://www.cibtvisas.com/travelexperts)

Toll-Free:  Standard service 877-974-7966\*    Concierge service 866-247-7599\*

\*To receive a 35% discount, you must **always** reference the account number **65371** and mention my name - Linda de Sosa -  as the one who referred you.

Strongly consider the purchase of travel insurance

Make sure you have supplied all loyalty program numbers to travel advisor/hotel/airlines

Check validity on credit cards and whether they charge a foreign transaction fee

Contact cell phone company for foreign plan

Arrange for cell service, hot spot

Check over itinerary to assure each night covered and flights go to the correct destinations, etc.

Subscribe to State Department alerts for your destination <https://step.state.gov/step/>

Check health requirements for destination <https://wwwnc.cdc.gov/travel/destinations/list>

Download offline maps through Google Maps or CityMaps2Go

Download the Umapped app if I used it for your itinerary

Check if international driver’s license is needed (you can get one from AAA)

Download translator app - Google Translate and iTranslate

Wear new shoes around to break them in.

Check for baggage fees for flights and prepay them.

Closer to the date of travel

Take out unnecessary weight from wallet (movie, grocery cards, local credit cards)

Charge everything (camera, phone, portable charger, tablet, headphones)

Set up an email and phone autoresponder (unless you plan to be connected)

Arrange for care of pets, lawn, and plants

Get medication refilled

Pre-pay your bills (autopay works great)

Speak with schools regarding absences

Empty refrigerator of what will expire

Unplug appliances

Turn off heater/air conditioner/air fresheners

Turn down water heater

Turn off washing machine taps

Lock all doors and windows

Set up timed light system

Store valuables in a safe place

Leave house key and trip itinerary with a trusted friend

Leave flight and hotel itineraries with a relative

AAA card

Weigh your luggage if necessary.

Check weather

Get cash (but not too much – you can always get more at ATMs)

Check in for flights within 24 hours and print cruise boarding passes.

Download in-flight entertainment for flight

* Movies and TV shows through [Amazon Prime](https://www.amazon.com/gp/feature.html/ref=as_li_ss_tl?ie=UTF8&docId=1003016691&linkCode=ll2&tag=smartrav-20&linkId=65f0f14080b787839a2fe398c52ff4b8&language=en_US)
* Kindle (make sure the books are downloaded, not just open)
* Audible for books
* Great Courses