



Anywhere Starts in Your Carry-On

TRAVEL ESSENTIALS

- ☐ Passport / ID
- ☐ Boarding pass (digital or printed)
- ☐ Travel insurance confirmation email
- ☐ Credit card + some local currency
- ☐ Destination address & contact info

TRAVEL TECH

- ☐ Phone & charger
- ☐ Noise-canceling headphones
- ☐ Tablet or e-reader
- ☐ Download movies/books ahead of time
- ☐ Travel adapter (if international)

TOILETRIES

- ☐ Toothbrush & toothpaste
- ☐ Deodorant
- ☐ Face wipes or hand sanitizer
- ☐ Lip balm & moisturizer
- ☐ Medication (with prescriptions)

JUST-IN-CASE

- ☐ Fresh underwear & socks
- ☐ T-shirt or lightweight top
- ☐ Flip-flops or foldable shoes
- ☐ Foldable tote bag or packing cube

COMFORT ITEMS

- ☐ Neck pillow
- ☐ Eye mask & ear plugs
- ☐ Compression socks
- ☐ Scarf or light blanket
- ☐ Refillable water bottle (empty until security)

PRO TIPS

- Pack valuables and a spare outfit in case of lost luggage
- Keep liquids in an easy-to-remove zip bag
- Protect your trip with Trawick International
- Have all important documents downloaded on your phone in case you lose cell service