

PACKING LIST

YOUR TRAVEL AND HEALTH



HAND LUGGAGE



- Passport
- Mobile Phone
- Vaccination Certificate(s)
- Tickets / Itinerary
- Accommodation / Transfer Docs
- Money / Credit/Debit Cards
- Medication
- Vitamins
- Hand Sanitiser
- Tissues
- Insurance Documents
- Glasses / Sunglasses
- Sun Hat
- Jewellery
- Snacks
- Earplugs
- Books / E-Books
- Headphones / Earbuds
- Travel Pillow
- Eye Mask
- Lip Balm
- Keys (Home / Car)
- Empty Water Bottle
- Fold-Up Tote Bag
- Travel Adapter
- Portable Charger

CHECKED-IN BAGS

- First Aid Kit
- Clothes / Workout Clothes
- Underwear
- Vests / Bras
- Nightwear / Pyjamas
- T-Shirts / Tops / Shirts
- Sweaters / Sweatshirts
- Jeans / Trousers
- Shorts
- Skirts
- Dresses
- Socks / Stockings
- Formal / Evening Wear
- Swimwear / Cover Ups
- Jackets / Coats
- Hats
- Gloves / Scarves
- Trainers / Walking Shoes
- Formal Shoes
- Sandals / Flip Flops
- Small Umbrella
- Travel Kettle
- Mosquito Net



FIRST AID

- Painkillers
- Rehydration Sachets
- Anti-Diarrhoea Tablets
- Bandages
- Waterproof Plasters
- Ointment
- Antibacterial Wipes
- Disposable Rubber Gloves
- Tweezers
- Thermometer
- Motion Sickness Medicine
- Antihistamines
- Insect Repellent

TOILETRIES

- Toothbrush & Toothpaste
- Dental Floss / Mouthwash
- Deodorant
- Shampoo & Conditioner
- Body Wash / Soap
- Hairbrush / Comb
- Travel Hair Dryer / Styling Tools
- Sunscreen (Face & Body)
- Skincare Products
- Make-Up & Make-Up Remover
- Shaving / Waxing Items
- Feminine Hygiene Products
- Nail Clippers / Nail File



OTHER/MISC

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