

CHECKLIST FOR PACKING A SUITCASE

Essentials – Don't Forget

- Passports (up-to-date and valid for another 6 months)
- Visas (Travel Agencies usually do this for you)
- Tickets/Boarding passes
- Copies of passports/visas/boarding passes
- Money – other currency and credit cards (and emergency contact numbers for those)
- Prescription medication (plus the prescription from your Dr)
- Itineraries/ print outs of hotel bookings
- Medical alert cards/ Emergency details
- Glasses/Contact lenses/Contact lens solution
- Ear plugs
- Headphones
- Eye mask
- Socks
- Mobile phone
- Phone/tablet charger/Adapter
- Medical kit (Band aids, pain relief, etc)
- Luggage locks

Toiletries

- Deodorant
- Contact lenses and solution
- Toothbrush
- Toothpaste
- Floss
- Mouthwash
- Make up
- Make up remover
- Shaving supplies
- Moisturiser

- Body lotion
- Female Hygiene Products
- Disinfectant
- Soap
- Shower gel
- Shampoo
- Conditioner
- Hair products
- Brush/comb
- Hand cream
- Nail file and clippers

Remember when you take liquids in your carry-on, they usually have to be no more than 100ml and containers must be in a single, transparent, resealable plastic bag. which holds no more than one litre and measures approximately 20cm x 20cm.

Clothes

- T-shirts
- Shirts
- Shorts
- Trousers
- Skirts
- Dresses
- Jacket
- Sweater
- Cardigan
- Sleepwear
- Underwear
- Socks
- Belts
- Shoes (casual/dress/for walking)
- Jewellery

Handy To Have

Flip Flops! They do not take up much room at all, are handy if you are going from the beach to a public bathroom, you can wear them with shorts and dresses.

Just In Case

Bathing suit/swim wear! Even if you're going on a winter holiday, your hotel might have a heated pool and/or spa and maybe even a sauna.

Summer Items

- Sunscreen
- After sun care/ Aloe Vera
- Hat/Cap
- Sunglasses
- Insect repellent
- Swim wear – take two pairs to be able to change into dry clothing after swimming
- Flip flops, sandals
- Lip balm with sunscreen
- Disinfectant/disposable wipes
- Beach bag
- Waterproof covers/bags for your phone/tablets
- Beach bag

Winter Items

- Winter hat
- Scarves
- Gloves
- Thermal underwear/long underwear
- Sunscreen (when skiing in the mountains)
- Sunglasses
- Lip balm/ Chapstick
- Lotion
- Warm boots
- Warm jackets
- Cotton wool socks
- Take clothing you can wear layered

Anything Else

Are there items missing from this list? Just add them below.

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Remember to check the weather conditions before you leave for your holiday and also check what items are permitted/not permitted to take in your carry-on, as well as the weight restrictions for your airline specific booking.

Safe and happy travels!