CHECKLIST FOR PACKING A SUITCASE

Essentials – Don't Forget

- Passports (up-to-date and valid for another 6 months)
- o 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)
- o Prescription medication (plus the prescription from your Dr)
- Itineraries/ print outs of hotel bookings
- Medical alert cards/ Emergency details
- o Glasses/Contact lenses/Contact lens solution
- Ear plugs
- Headphones
- o 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
- o 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
- o 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

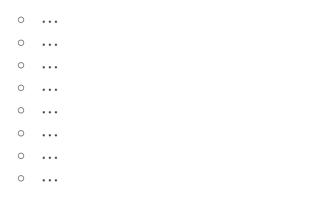
- Sunscreen
- o After sun care/ Aloe Vera
- Hat/Cap
- Sunglasses
- Insect repellent
- Swim wear take two pairs to be able to change into dry clothing after swimming
- o Flip flops, sandals
- o Lip balm with sunscreen
- Disinfectant/disposable wipes
- Beach bag
- o Waterproof covers/bags for your phone/tablets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



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!