

## Travel checklist – [www.travelshoulder.com](http://www.travelshoulder.com)

*Do you feel like you forget something every time you pack for a trip? Get organized with our travel checklist. We have separated this checklist into categories, ranging from Pre travel Preparation to personal items to bring on your trip. Just print out this checklist and check off the items you need for your trip. You can also type in some additional items of your own choosing.*

Check our site for more tips for your trips – <http://www.travelshoulder.com/>

### Home Preparation

- Turn off thermostat
- Check your gas furnace
- Empty trash cans
- Unplug microwave, computer, tv etc.
- Set light timer
- Water plants
- Secure windows, doors and garage

### Pre Travel Preparation

- |  |  |
|--|--|
| <input type="checkbox"/> Visa                        | <input type="checkbox"/> Inform Family members                 |
| <input type="checkbox"/> Passport                    | <input type="checkbox"/> Leave someone you trust a house key   |
| <input type="checkbox"/> Credit Cards                | <input type="checkbox"/> Stop mail, newspaper, home deliveries |
| <input type="checkbox"/> Transportation Tickets      | <input type="checkbox"/> Set up caretakers for pets            |
| <input type="checkbox"/> Set up car rental           | <input type="checkbox"/> Copies of important documents         |
| <input type="checkbox"/> Hotel reservation           | <input type="checkbox"/> .....                                 |
| <input type="checkbox"/> Health documentation        | <input type="checkbox"/> .....                                 |
| <input type="checkbox"/> Insurance                   | <input type="checkbox"/> .....                                 |
| <input type="checkbox"/> Emergency information       | <input type="checkbox"/> .....                                 |
| <input type="checkbox"/> Special events reservations | <input type="checkbox"/> .....                                 |
| <input type="checkbox"/> Get inoculations            |  |
| <input type="checkbox"/> Guide books and maps        |  |

### Medication

- |   |  |
|---|--|
| <input type="checkbox"/> Aspirin/Pain reliever    | <input type="checkbox"/> Antibiotic cream          |
| <input type="checkbox"/> Diarrhea medicine        | <input type="checkbox"/> Malaria pills             |
| <input type="checkbox"/> Laxative                 | <input type="checkbox"/> Motion sickness pills     |
| <input type="checkbox"/> Contact lens preparation | <input type="checkbox"/> Vitamins                  |
| <input type="checkbox"/> Insect repellent         | <input type="checkbox"/> Water purification system |
| <input type="checkbox"/> Sunburn relief           | <input type="checkbox"/> .....                     |
| <input type="checkbox"/> Personal prescriptions   | <input type="checkbox"/> .....                     |

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## Basics

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|---|---|
| <input type="checkbox"/> Luggage, travel bags, everyday bag | <input type="checkbox"/> Reading materials      |
| <input type="checkbox"/> Travel clothing                    | <input type="checkbox"/> Games, playing cards   |
| <input type="checkbox"/> Travel footwear                    | <input type="checkbox"/> Cellphone and charger  |
| <input type="checkbox"/> Camera                             | <input type="checkbox"/> Drivers license        |
| <input type="checkbox"/> Extra batteries                    | <input type="checkbox"/> Travel locks           |
| <input type="checkbox"/> Memory card                        | <input type="checkbox"/> Luggage I.D. tags      |
| <input type="checkbox"/> Video Camera, memory sticks        | <input type="checkbox"/> Travel journal, pencil |
| <input type="checkbox"/> Address book                       | <input type="checkbox"/> Language books         |
| <input type="checkbox"/> Road maps, guide books             | <input type="checkbox"/> Laptop                 |
| <input type="checkbox"/> First aid kit                      | <input type="checkbox"/> Lighter and/or matches |
| <input type="checkbox"/> Flashlight, batteries              | <input type="checkbox"/> .....                  |
| <input type="checkbox"/> Sunglasses                         | <input type="checkbox"/> .....                  |

## Clothing and Toiletries

- |  |   |
|--|---|
| <input type="checkbox"/> Toothbrush, paste           | <input type="checkbox"/> Jacket, coats                            |
| <input type="checkbox"/> Dental floss                | <input type="checkbox"/> Swim Suits                               |
| <input type="checkbox"/> Deodorant                   | <input type="checkbox"/> Sandals, slippers, hiking boots          |
| <input type="checkbox"/> Soap (personal and laundry) | <input type="checkbox"/> Socks                                    |
| <input type="checkbox"/> Shampoo                     | <input type="checkbox"/> Underwear                                |
| <input type="checkbox"/> Nail clipper                | <input type="checkbox"/> Hats, caps                               |
| <input type="checkbox"/> Towels                      | <input type="checkbox"/> Pajamas                                  |
| <input type="checkbox"/> Sunscreen                   | <input type="checkbox"/> Baby items (diapers, car seat, toys etc) |
| <input type="checkbox"/> Lip balm                    | <input type="checkbox"/> Tissues, toilet paper                    |
| <input type="checkbox"/> Mirror                      | <input type="checkbox"/> .....                                    |
| <input type="checkbox"/> Shaving cream               | <input type="checkbox"/> .....                                    |
| <input type="checkbox"/> Shaver / Razors             | <input type="checkbox"/> .....                                    |
| <input type="checkbox"/> Makeup                      | <input type="checkbox"/> .....                                    |