

## Esteem Journeys LLC Prep & Packing Checklists

### Before you go checklist:

- Call your cell phone carrier to find out about using your cell phone overseas
- Call your banks to let them know you are traveling internationally and inquire about ATM and international transaction fees
- Leave a copy of your passport and hotel list with a family member or friend. Passport should be something that can easily be emailed or faxed in the case of an emergency.
- Bring a photocopy of your passport. In most cases leave your passport in your hotel safe while out and about and carry the photocopy with you.
- Double check all your reservations:
  - Air – check your flights 72 hours prior to departure in case of schedule changes, check seat assignments, request special services or meals.
  - Air - check in online 24 hours prior to departure
  - Check additional hotel stays or services not booked with the tour company, cruise line or with your travel agent
- Make sure your home is ready for you to be gone: cancel newspapers, turn off furnace, make sure plants are watered, pets are taken care of, leave lights on, etc.
- Call your health care provider for travel advice

### Packing Checklist:

#### Clothing:

- Pants: jeans, trousers, shorts, skirts, capris, etc.
- Tops: t-shirts, long sleeves, collared shirts, tank tops, nice blouses, etc.
- Jackets: sweatshirts, sweaters, light rain jacket, coats for colder climates
- Undergarments: underclothes, socks, slippers, etc.
- Pajamas & loungewear
- Active wear: exercise clothes, swim wear etc.
- Shoes: sneakers, tennis shoes, sandals, dress shoes, etc (ladies -3 pairs max!)

- Accessories: scarves, hats, gloves, sunglasses, jewelry (keep jewelry to a minimum), watches, etc

#### Toiletries:

- Oral care: toothbrush, toothpaste, floss, etc.
- Skin care: face wash, moisturizer, makeup, sunscreen, lip balm, etc.
- Body care: deodorant, lotion, feminine care, tissues, wet wipes, etc.
- Eye care: contact lenses, eyeglasses, contact solution, eye drops, etc
- Hair care: brush, hair products, curling iron, accessories (hotels have blowdryers)
- Shower: shampoo, conditioner, body wash, razor, washcloth (most hotels have shampoo and soap)
- Vitamins, prescriptions, over the counter medications, bandaids, and motion sickness pills. Probiotics are highly recommended!
- Laundry detergent and dryer sheets

#### Miscellaneous:

- All travel documents: boarding passes, insurance, confirmations, etc.
- Wallet/purse: passport, credit cards, money etc.
- Electronics: cell phone, laptop, tablet, ipod, camera, batteries, all chargers, electrical outlet adapter, earphones/earbuds, etc.
- Reading material: books, magazines, travel journal, etc.
- Small binoculars
- A small collapsible duffel bag, reusable grocery bag or backpack for day trips, picnics and souvenirs
- Travel pillow & ear plugs
- Sewing Kit