

The Traveler Checklist



Before you go:

- Hold mail
- Advise bank of future foreign credit card use
- Prepare bills
- Clean out fridge
- Unplug appliances and turn heater off
- Turn down water heater
- Consider timed security lights
- Leave a key, itinerary, and contacts with neighbor or friend
- Lock up valuables
- Tickets, maps, books, etc.
- Passport, Visa, ID (check if update is needed)
- Cash/credit cards
- Insurance and medical docs.
- Reservations and itinerary with contacts
- Emergency contacts
- Copies of EVERYTHING

Travel System:

- Main Travel Bag* (Luggage/Pack/Duffel)
- Packing Products (for clothes, small stuff, and toiletries)
- Day Bag and Travel Wallet

Everyday Basics:

- Hat (with UPF 30+ is best)
- Scarf/Bandana
- Rain Jacket/Umbrella
- Sunglasses
- Travel Footwear
- Water Bottle
- Binoculars
- Travel Alarm
- Language books
- Travel Journal and Pen
- Lightweight, Easy Care Clothes
- Duct Tape
- Sewing Kit

Electronics:

- Smart Phone and Charger
- Camera, Memory Card, and Charger
- Adapter and/or Convertor
- Watch
- Extra Batteries

Travel Aids:

- Pleasure Reading
- Small Snacks (e.g. a few granola bars)
- Earplugs
- Sleep Mask
- Travel Pillow/Blanket

Travel Health:

- Travel Health Information
- Motion-sickness Remedy (if needed)
- "No Jet-Lag" Pills (suggested for 3+ time zones)
- Pain Reliever
- Fever Reliever
- Diarrhea/Laxative Medicines
- Personal Prescriptions
- Throat Lozenges
- Breath Mints
- Sunscreen/Lip Balm
- Insect Repellent
- Personal Hygiene Items (pads, tampons, etc.)
- Tissues
- Hand Sanitizer
- First Aid Kit (in some cases, a few Band-Aids and some Neosporin)
- Water Purification (if needed)

Toiletries:

- Toiletry Kit
- Comb/Brush
- Toothbrush/Paste/Floss
- Deodorant/Soap
- Skin Care/Lotions/Cream
- Shaving Kit
- Travel Towel
- Mirror

For More Information:

www.thetraveler.com

www.tsa.gov/traveler-information

Or please call the store at (206) 842-4578

The Traveler/Life Gear

Travel & Packing Seminar

Handout

Traveling can be one of the most rewarding, exciting and fun experiences of your life. We're here to help you anticipate and avoid common challenges so that you can have the best travel experience possible.

- **Homeland Security**

- Trusted Traveler Programs that enable you to move through airport security as quickly and efficiently as possible <https://www.dhs.gov/trusted-traveler-comparison-chart>

- **TSA**

- TSA.com is a very helpful and easy website that can answer many of your questions regarding Security Screening, Special Procedures, TSA Pre Check, Passenger Support, Travel Tips and FAQ.
- Once you get to airport security, you may ask any TSA officer for a "Passenger Support Specialist" – they are there to assist you with any concerns or questions you have.
- If you have special needs for yourself or travel companion you may call TSA at 855-787-2227 to make arrangements and answer questions in advance.

- **Packing in a Carry-On**

- No one ever arrived at their dream destination and said "Gee I wish I had more stuff to drag around". Don't let your travel bags become an albatross – We'll show you how with a few simple tips.
- Don't waste a moment of your trip waiting in line to check your bag, then wait even more time for it to (hopefully) come out on the baggage carousel.
- No one wants to start their cruise or tour group without their bags because the airline misplaced yours.
- Save your money for the fun stuff instead of giving it to your airline for checking your bag.

General Tips

- Take a photo of your traveling companion and have them take a photo of you – If you get separated and need help a photo is worth a thousand words
- Take a photo of your travel documents, credit cards, passports, prescriptions, etc. and email them to yourself. If you are separated from your phone and documents, you can log on to any computer and get copies.
- If you do decide to check your bag, keep your medicine and 2 days of clothes with you in case your bag is delayed or lost.
- Pack a comfort kit for the plane ride – Snacks, neck pillow, light blanket – Whatever gives you comfort and enjoyment.