





# **Destination Research:**

- Learn about your destination's culture, customs, and local laws.
- Research popular attractions, activities, and local cuisine.

# Health Preparations:

- Check if vaccinations are required or recommended.
- Pack any necessary medications and prescriptions.

#### **Travel Documents:**

- Passport (valid for at least 6 months from the return date).
- Visa (if required for your destination).
- Travel insurance documents.
- Any necessary permits or identification.

### **Electronics + Communication:**

- Check voltage requirements for your destination and bring necessary adapters.
- Activate international roaming or get a local SIM card.
- Pack chargers and power banks.

# **Accommodation + Transportation:**

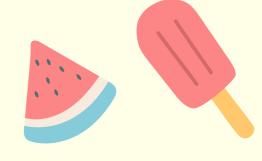
- Confirm hotel reservations or other accommodations.
- Book transportation, such as flights, trains. or rental cars.

### **Finances:**

- Notify your bank of your travel dates to avoid card issues.
- Bring local currency or ensure you have access to money exchange services.

		•	
	ш	_	_
0	C	e	Ŀ



# **Clothing:**

- Check the weather forecast for your destination and pack accordingly.
- Don't forget essentials like underwear, socks, and sleepwear.
- Consider any specific clothing required for cultural or outdoor activities.

### **Toiletries:**

- Pack travel-sized toiletries, including toothbrush, toothpaste, shampoo, conditioner, soap, and sunscreen.
- Include any skincare products or cosmetics you may need.

#### **Medications and Health Items:**

- Pack prescription medications and any over-the-counter remedies you might need.
- Include a basic first aid kit with bandages, antiseptic wipes, and pain relievers.

### **Electronics:**

- Pack your phone, camera, laptop, or other devices you'll be using.
- Include chargers, batteries, and any necessary cables.

# Travel Essentials:

- Travel pillow and blanket for comfort during long journeys.
- Travel locks for securing your luggage.
- Daypack or small bag for daily outings.

# **Snacks and Entertainment:**

- Healthy snacks like nuts, granola bars, and dried fruits.
- Portable entertainment options such as books, e-readers, or magazines.
- Download movies, shows, or podcasts for offline viewing or listening.
- Puzzle books, playing cards, or travel-sized board games for entertainment.







# **Home Preparation:**

- Lock windows and doors securely.
- Set thermostats appropriately and unplug unnecessary electronics.

<b>Emergency</b>	In	forma	tion:
Lillergency	uuu	ullia	LIVII.

Make a list of emergency contacts, inc	luding local embassy or consulate details.

### **Transportation:**

- Double-check flight or train schedules and departure times.
- Arrive at the airport or station well in advance.

# Money and Valuables:

Ensure you have enough cash for initial expenses upon arrival.

# Health and Comfort:

- Get a good night's sleep before departure.
- Stay hydrated and have snacks for the journey.

Notes	