



TRAVEL & PACKING TIPS BEFORE YOU LEAVE...

- **Call your bank and credit card companies to let them know you are leaving the country and what country you will be visiting.**
- **Call your cell phone company to ensure that your phone is GLOBAL and has a global plan. Otherwise it will not work in foreign destinations. Ensure that you update your programming and roaming capabilities.**
- **Leave extra credit cards, store cards, bonus cards, etc. at home. No reason to overpack on items you will not need.**
- **Make copies of your credit cards, passports and drivers license and leave with your emergency contact person and take a copy with you for your hotel and/or cruise ship safe.**
- **If you are using a debit card, please check with your bank and get your daily limit checked and/or raised. Just in case you find that special something!**
- **Most resorts/cruise ships now have cell and wireless capability. Rates are established by your cell phone company. Laptop and computer wireless rates are set by the resort/cruise line.**

TRAVEL ESSENTIALS

Medicine Kit

- Prescription drugs and any other essential medications in **carry on bag**
- Ear plugs or "ear planes"
- Small first aid kit (band aids, Q-tips, vaseline, dramamine, antibiotic cream, bandages, anti-diarrheal medication, cortisone cream, aspirin/tylenol/advil)
- Germicidal hand cleaner
- Handi-wipes (for cleaning hands when ashore)
- Hand lotion
- Bug spray
- Sun screen/sun block and lip sunblock



Travel Documents & Paperwork

- Passports and visas (if necessary) or proof of citizenship
- Airline tickets or e-ticket confirmation
- Cruise documents/vacation vouchers
- Vaccination certificate (if required)
- Driver's license and auto insurance card - in case you decide to rent a car
- Medical insurance cards and medical history
- Travel Insurance Policy
- Credit cards / ATM card - **call credit card companies before traveling** to alert them you are traveling outside your normal area
- Some cash is a good idea, especially \$1.00 bills for tipping.
- 3 copies of airline tickets, cruise tickets, passports/visas, itinerary - pack 1 copy in carry on, leave one copy with someone at home. Alternatively, you can scan the documents and email an electronic copy to yourself so that you can access them from any computer terminal.
- Contact numbers to report lost/stolen credit cards or traveler's checks
- Emergency numbers at home
- Currency conversion chart
- Watch - dual time zone watch is perfect!

Electronics & Camera Equipment

- Extension cord/power strip with multiple plug-ins
- Cell phone and charger (plus adapters and converters)
- Laptop computer/tablet
- Binoculars
- Camera
- Extra film or memory card (don't put undeveloped film in checked luggage)
- Disposable underwater camera - for snorkeling or beach days
- Batteries for digital camera / battery charger
- Ipad
- Lighted dial clock for cruise ship cabin
- Small flashlight
- Night light



Reading Material & Necessities

- Glasses, contacts, contact cleaner, eye glass repair kit
- Extra reading glasses
- Sunglasses / reading sunglasses
- Guidebooks and other port of call information
- Foreign language phrase book or dictionary
- Maps
- Reading material - books to read while on the plane or lounging by the pool
- Kindle, Nook, or other E-book and charger
- Journal or notebook - for making notes to tell your friends back home about your experiences
- Home and email addresses of friends/relatives back home - for sending postcards, emails, or gifts

Other "Necessities"

- Extra plastic cable-lock ties for securing luggage for return trip (better than locks, but one-time use only)
- Zip loc bags of all sizes and garbage/laundry bags/wet swimsuits
- Corkscrew (be sure to put in checked luggage)
- Swiss Army knife or something similar with screwdriver head, etc. (be sure to put in checked luggage)
- Small umbrella
- Collapsible travel pillow for those long airplane flights
- Crazy glue
- Sewing kit and scissors (pack in checked luggage)
- Tide Stain Stick or travel-sized Woolite
- Clothes pins
- Empty folding tote bag - for souvenirs or the beach
- Hats/caps/visors
- Insulated large coffee mugs

Packing Tip: If traveling with a companion, divide your items into two (or more) suitcases. That way if one is lost, you will both have some clothing to wear. It would be terrible for your companion to have all of his/her clothes and you to have nothing but your carry-on.

Be sure to carry-on anything you can't live without in the event your luggage is lost or delayed.