

Traveler's Checklist

Pre-Departure

Passport
Visa
I-20 paperwork
Health Documentation
Transportation Tickets
Emergency Information
Insurance
Hotel Reservations (if needed)
Traveler's Checks (if needed)
Currency
Credit Cards (if needed)
Guide Books and Maps
Trip Cancellation / Medical Insurance
Personal Identification
Photocopies of Documentation

Basics

Luggage/Travel Pack
Travel Clothing
Rain Protection
Travel Footwear
Visor or Brimmed Hat
Camera, Film
Video Camera, Tapes
Radiation Shield for Film
Water Bottle
Language bookss
Reading Materials
Address Book
Travel Journal
Scarf/Bandanna
Games/Playing Cards
Bincoulers
Travel Lock
Luggage I.D. Tags

Medication

*Please consult your local health center or personal physician for help in planning your trips medication needs.

Aspirin/Pain Reliever
Cold Medicine
Contact Lens Preparation
Diarrhea Medicine
Laxative
Insect Repellent
Sunscreen
Sunburn Relief
Antibiotic Cream
Motion Sickness Medicine
Personal Hygiene Items
Personal Prescription(s)
Vitamins

Toiletries

Comb/brush
Toothbrush/Paste
Dental floss
Deodorant
Soap: Personal
Skin Care Lotions/Creams
Mirror
Manicure articles
Shampoo
Sunscreen/Lip Balm
Towelettes
Shaving Cream
Blow Dryer
Towel/Washcloth

8 Essentials

Everyday Bag: In transit it will hold all the valuables you want to keep close: tickets, mini-camera and reading material.

First-Aid Kit: A compact travel health kit is a must for every traveler.

Passport/Money Carrier: It is absolutely essential to keep your passport and money secure.

Travel Watch or Alarm: It should be quartz or battery operated, lightweight, water resistant, shock resistant and reliable.

Electrical Converter/Adapter: This allows you to use your personal appliances abroad.

Sunglasses: Protect your eyes from harmful ultraviolet and infrared radiation, especially if you are traveling at hight altitudes.

Travel Organizer: The ultimate in convenience for carrying identification, tickets, trip itineraries, receipts and addresses.

A Positive Attitude: Travel sometimes means expecting the unexpected: delays, detours, unfamiliar surroundings, strange languages and funny money. So, remember always to take along a big smile.