

PACKING CHECKLIST

A FEW PACKING TIPS

Consider COMFORT at all times!

- Pack clothes you can “mix-and-match” – tops that can be worn with more than one bottom, pants that can be dressed up or down, etc.
- Bring at least two pairs of shoes – preferable no more. One for walking (like sneakers), the other less casual for business, eating out, etc.
- What to wear while traveling: dress for comfort (pockets help). Bring a sweater or jacket, something to do in flight (music, reading, etc.), and snacks.
- Mark each bag with your name and contact information. A brightly-colored strap or ribbon on on your suitcase will make it easier to find in the baggage pick-up area.
- Start your list early, but begin to pack your bags *at least* three days before departing.

Federal Safety and Security rules for carry-on items

Liquids and gels are limited to 3 oz. each, kept together in a one-quart plastic zip bag.

Both the bag of liquids and gels, and any electronics you carry on (computers, phones, tablets, sometimes cameras) will be checked going through Security. Keep them easily accessible.

Getting ready to leave

Check with the airline what time you need to be at the airport, and figure out when you should leave home to be on time.

A few days before leaving: Make arrangements for getting to the airport.

24 hrs. before departure: Get your boarding pass online.

The night before: Put packed bags put by the front door. If departing in the morning set the alarm early to have more than enough time for your normal wake-up routine. Then calmly go through your carry-on list – do you have something to nosh on? a sweater just in case? is your transportation to the airport all set? Set another alarm to remind you when it’s time to go.

Before walking out the door, double check you have the most important items:

Meds	Passport/photo ID
Phone & charger	Ticket and/or boarding pass
Wallet	Your TRIP folder

Good to go? Then grab your bags and walk out the door – calm, confident and ready for take-off.

(Don’t worry - you can always buy whatever you forgot to pack.)

PACKING CHECKLIST

Figure out what and how much to pack:

1. How many days and nights will you be gone? _____
2. What's the weather forecast? daytime: _____ evening: _____
Other conditions (precipitation, humidity, etc.): _____
3. Activities planned (business, sightseeing, beach, nice restaurants, hanging out, etc.):

4. Kind of clothes needed _____
5. Other necessary or unusual items like sporting equipment, mobility aid, medical device, etc.:

The airline baggage requirements:

Checked bags: Dimensions: _____ Weight: _____
Carry-on bag: Dimensions: _____ Weight: _____
Other restrictions or notes: _____

SUITCASE

CLOTHES

_____ underwear _____ socks/tights _____ bras
_____ pajamas
_____ Shoes _____ sneakers _____ sandals
_____ exercise clothes _____ other
_____ shirts _____ t-shirts _____ long sleeve tees _____ other
_____ pants _____ shorts _____ skirts _____ dresses _____ other
_____ sweater _____ cardigan _____ coat or jacket
_____ raincoat _____ umbrella _____ hat _____ sunglasses

OTHER: _____

PACKING CHECKLIST

(SUITCASE cont.)

PERSONAL CARE ITEMS

_____ Toothbrush, toothpaste, floss

_____ Deodorant

_____ Hair brush, shampoo, conditioner

Over-the-counter items such as:

_____ Advil, Tylenol, Benadryl

_____ Eye drops, nose spray, tissues

CARRY-ON BAG

_____ Clothes

_____ Photo ID and Passport (if needed)

_____ Personal care items to use in transit

_____ Meds: enough for the whole trip in a day-by-day container. To be safe, bring an extra day or two, and keep them with you while traveling.

_____ Wallet: cash, credit/debit card, health insurance or Medicare card, medication/dose list

_____ Phone & charger

_____ Reading glasses, sunglasses

_____ Trail mix, water bottle (fill after security)

_____ Computer, power cord, thumb drive with important docs

_____ Headphones, earbuds, cords

_____ "My Trip" folder: ticket, boarding pass, destination info, etc.