

TRAVEL CHECKLIST 2018

Courtesy of KathrynBechen.com

DEVICES & CHARGERS

- ☐ GPS & cord
- ☐ iPhones, unlocked
- ☐ Password to lock phone
- ☐ Kindle
- ☐ Camera
- ☐ Headphones
- ☐ Adaptors
- ☐ Earbuds
- ☐ Batteries
- ☐ Backup batteries
- ☐ Flashlight
- ☐ Alarm clocks, 3
- ☐ Nightlights & bulbs
- ☐ Laptop Steve
- ☐ Laptop Kath
- ☐ Extra memory cards
- ☐ External drive
- ☐ Flash drive
- ☐ USB Card
- ☐ Power strip
- ☐ Wifi device
- ☐ Thumb drives

FUNDS

- ☐ Wallets
- ☐ Cash
- ☐ Foreign currency
- ☐ Cred cards + copies
- ☐ Ph number cred cards if lost
- ☐ Debit cards

BAGS

- ☐ Confirm airline sizes
- ☐ Suitcase
- ☐ Carryon tote
- ☐ Packing cubes
- ☐ Day tote w/wallet
- ☐ Crossbody sm purse
- ☐ Collapsible shop tote
- ☐ Waist belt
- ☐ Ziplock & trash bags
- ☐ Luggage tags, all
- ☐ Luggage locks, all
- ☐ RFID bag

DOCUMENTS

- ☐ Dr. allergy letter K
- ☐ AAA cards, copy
- ☐ Reconfirm hotel & car
- ☐ Travel binder, tabbed
- ☐ K planner & calendar
- ☐ Itinerary
- ☐ Travel agent contact
- ☐ Maps/directions
- ☐ Airline tickets, printed
- ☐ Boarding passes, printed
- ☐ Lodging confirmation, printed
- ☐ Car rental confirmation, printed
- ☐ Travel membership cards
- ☐ Travel guides/books
- ☐ Wallets

- ☐ Passport & copies
- ☐ Birth certif, copies
- ☐ Visas & copies
- ☐ DL & copies
- ☐ Vaccinations docs
- ☐ Cred Cards & Ph
- ☐ Emergency Contact List
- ☐ Medical insur cards
- ☐ Copies of prescrips & pharmacy ph no.
- ☐ Copy Steve contact prescrip
- ☐ Travel insurance
- ☐ Car insur policy copy
- ☐ Event/entrance tickets, printed

TRAVEL MEDS

- ☐ Homeopathy/Bach kits and books:
- ☐ Headache
- ☐ Cold/Flu
- ☐ Sleep
- ☐ Nux for overwhelm
- ☐ Aconite
- ☐ Motion sickness
- ☐ Arnica
- ☐ Arsenicum stomach
- ☐ Aspirin
- ☐ Digestive enzymes
- ☐ Probiotics
- ☐ Colon Max
- ☐ 5 HTP
- ☐ Magnesium
- ☐ Cranberry caps
- ☐ Kidney/bladder herbs
- ☐ Dental kit

TRAVEL AIDS

- ☐ Massage oil
- ☐ Epsom salts
- ☐ Thieves oil soap
- ☐ Peppermint tea & gum
- ☐ Ziplock & trash bags
- ☐ White washcloths
- ☐ Mugs for soup
- ☐ Snacks, healthy
- ☐ Water bottles, cooler
- ☐ Green smoothies, cooler
- ☐ First Aid Kit
- ☐ Household Kit
- ☐ Ear plugs
- ☐ Eye masks, 2
- ☐ Travel blanket
- ☐ Water canteen
- ☐ Coffee thermos
- ☐ Picnic bag
- ☐ Tiny sewing kit
- ☐ Black extra footies, airport floors
- ☐ Bobby pins
- ☐ Stain remover in oil roll-on bottle
- ☐ Swiss army knife
- ☐ Rubber bands
- ☐ Laundry soap
- ☐ Dishsoap
- ☐ Safety pins

HYGIENE

- ☐ Toothbrush & paste
- ☐ Floss
- ☐ Allergy eye drops
- ☐ Shampoo/bodywash
- ☐ Facewash
- ☐ White washcloths
- ☐ Hair towel, large
- ☐ Deodorant
- ☐ Brush
- ☐ Comb

- ☐ Hair styling spray
- ☐ Hairdryer
- ☐ Makeup bag
- ☐ Makeup mirror
- ☐ Face cleanser
- ☐ Sunscreen
- ☐ Facial oil coconut
- ☐ Lip balm
- ☐ Razor
- ☐ Manicure kit
- ☐ Wet wipes
- ☐ Tissues/hankies
- ☐ Cotton balls
- ☐ Qtips
- ☐ Tweezers
- ☐ Lint roller, small
- ☐ Insect repellent oils
- ☐ Wet washcloth in Ziplock bag

CLOTHES & SHOES

UNDIES & NIGHTWEAR

- ☐ Undies
- ☐ Camis
- ☐ Socks
- ☐ Nightgown
- ☐ Robe
- ☐ Slippers

EVERYDAY/NIGHT CLOTHES

- ☐ Black pants
- ☐ White pants
- ☐ Long tank tops
- ☐ Wear-ever jackets
- ☐ Dresses, shoes, purse, jewelry
- ☐ Maxi dress/LBD

OUTERWEAR

- ☐ Cape
- ☐ Jacket outerwear
- ☐ Gloves & hats
- ☐ Umbrellas, flat

SHOES

- ☐ Black ballet flats
- ☐ Black sandals
- ☐ Shower sandals
- ☐ Sneakers
- ☐ Rain boots (buy!)

ACCESSORIES

- ☐ Swimsuit/cover/flip
- ☐ Scarves
- ☐ Shawls
- ☐ Belts
- ☐ Earrings and rings
- ☐ Sunglasses, 2
- ☐ Readers on chains, 3
- ☐ Headband

MISC.

- ☐ Umbrella
- ☐ House keys
- ☐ Hostess gift
- ☐ Journal, pen, hili-ter
- ☐ Magazines for car
- ☐ Devotionals
- ☐ Other books

CONTACTS

- ☐ Emergency contacts
- ☐ Calling cards, ours

WORK

- ☐ Work docs
- ☐ Work reading
- ☐ Office supplies
- ☐ Notebook/pen & hili-ter

CAR/TRUNK

- ☐ Spare Tire
- ☐ Jack
- ☐ Spare Battery
- ☐ Jumper cables

- ☐ Trash bags
- ☐ Paper towels
- ☐ Rags
- ☐ Wiper fluid
- ☐ Flashlight
- ☐ Bungee cords

SNACK IDEAS

- ☐ Dried fruit
- ☐ Beef sticks
- ☐ Amy's soup
- ☐ Flax bread, buttered
- ☐ Crackers
- ☐ Cheese/salami pkts
- ☐ Cheese sticks
- ☐ Nuts
- ☐ Chocolate
- ☐ Tea
- ☐ Instant coffee

BEFORE LEAVE HOME

- ☐ Pay bills
- ☐ Empty trash
- ☐ Clean fridge
- ☐ Empty dishwasher
- ☐ Prescrips filled if on any
- ☐ Set auto light timers
- ☐ Unplug electronics
- ☐ Set thermostat
- ☐ Close lock windows/doors

UPON ARRIVAL TO DESTINATION

- ☐ Transportation
- ☐ Check in
- ☐ Room key safe place
- ☐ Note fire exits
- ☐ Unpack, hang clothes
- ☐ City tour, call
- ☐ Valuables safety

- ☐ Set up computers/Wi-Fi
- ☐ Set up iPhones & camera chargers
- ☐ Set up "snack bar"
- ☐ Set up fridge
- ☐ Buy groc & water
- ☐ Get info city happenings front desk
- ☐ Pick up several hotel biz cards front desk

BUY WHEN ARRIVE

- ☐ Gallons of water to fill thermos daily
- ☐ Nuts/trail mix
- ☐ Eggs
- ☐ OJ
- ☐ Green juice
- ☐ Cranberry juice
- ☐ Oranges
- ☐ Apples
- ☐ Bananas
- ☐ Berries
- ☐ Dried fruit
- ☐ Raisins
- ☐ Larabars
- ☐ Cheese sticks
- ☐ Almond butter
- ☐ Crackers
- ☐ Coffee, instant
- ☐ Tea bags
- ☐ Canned soup, Amy's
- ☐ Carrots
- ☐ Butter
- ☐ Coconut oil
- ☐ Coconut milk
- ☐ Epsom salts
- ☐ Lettuce/salad stuff
- ☐ Salad dressing
- ☐ Ice
- ☐ Baking soda

- ☐ Vinegar
- ☐ Ecos unscented dish soap
- ☐ Cough syrup/drops
- ☐ Echinacea herbal
- ☐ Salt
- ☐ Honey
- ☐ Hangers for clothes
- ☐ Hostess gift
- ☐ Small scissors
- ☐ Slow cooker
- ☐ Small knife
- ☐ Small spray bottles cleaner
- ☐ Disposable flatware
- ☐ Disposable plates
- ☐ Napkins
- ☐ Paper towels
- ☐ Spot remover stick

EMERGENCY HYDRATION RECIPE

1 LITER water
 ½ t. salt
 4 t honey
 OR eat bananas for potassium, dry chips for salt, OJ for glucose

K MCS NEEDS

NOTES