

# INTERNATIONAL TRAVEL PACKING LIST

## PASSPORT & TRAVEL DOCUMENTS

- Passport (valid for at least 6 months after your return date)
- Visa (if required)
- Flight tickets & hotel reservations
- Travel insurance details
- Emergency contact information
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## MONEY & CARDS

- Local currency (some countries prefer cash)
- Credit/debit cards (cards w/ no foreign transaction fees)
- A travel wallet to keep everything organized
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## ELECTRONICS

- Phone, charger & power bank
- Laptop or tablet (if needed)
- Universal plug adapter
- Headphones or earbuds
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## HEALTH & SAFETY

- Travel health insurance card/details
- Hand sanitizer/disinfectant wipes
- Travel first aid kit
- Medications (w/ a copy of the prescription)
- Supplements
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## TRAVEL ESSENTIALS

- Travel pillow, eye mask, and blanket (for long flights)
- Reusable water bottle
- Airline-approved snacks
- A small backpack or day bag for daily use
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## CLOTHING

- Comfortable shoes (for walking & exploring)
- Weather-appropriate clothing
- Sleepwear
- Swimsuit
- Undergarments
- Socks
- Hat and/or sunglasses
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## TOILETRIES

- Toothbrush
- Toothpaste & floss
- Shampoo, conditioner, & soap (travel-size)
- Skincare essentials (moisturizer, SPF)
- Hairbrush or comb
- Deodorant
- Tissues & toilet paper (some countries have limited supply)
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## MISC.

- Ziplock bags for liquids or dirty clothes
- Camera or GoPro
- Copies of important documents (stored separately from originals)
- International SIM card or eSIM for mobile data
- Travel guidebook or map (if needed)
- A travel journal or notebook
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