

# TRAVEL CHECKLIST



## BEFORE YOU GO...

- ☐ Check your passport expiry dates
- ☐ Check the validity and limit on your credit card (for example, to pay the deposit for your car rental)
- ☐ Notify your bank that you are going to the United States (to prevent your card from being blocked)
- ☐ Confirm your flight times 24 to 48 hours prior to departure on the airline's website (schedules can change without notice)
- ☐ Purchase travel insurance (medical, cancellation, luggage and civil liability)
- ☐ Ask someone to visit your house once a week (to water the plants, etc.)
- ☐ Make arrangements for your pets
- ☐ Have your mail held
- ☐ Empty the fridge
- ☐ Unplug electrical appliances
- ☐ Lock all windows and doors
- ☐ Shut the water main
- ☐ Turn down the heat in every room
- ☐ Make a photocopy of official documents (passports, driver's license, etc.)
- ☐ Fully charge the batteries of your phone, camera, video camera, tablet etc.

## DOCUMENTS

- ☐ Your Passport
- ☐ Your ESTA authorization
- ☐ Proof of insurance (medical + luggage + civil liability)
- ☐ Valid driver's license and international license
- ☐ Credit/debit cards
- ☐ Cash (American dollars)
- ☐ Exchange vouchers and booking reservations (where applicable)
- ☐ Plane tickets (round-trip)
- ☐ Phone numbers and addresses of friends/loved ones (for postcards)
- ☐ Health booklet (or vaccination booklet)
- ☐ Person to contact in case of emergency (contact info)
- ☐ Travel guide / Book to read
- ☐ Pens

## TOILETRIES

- ☐ Soap and shampoo
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Deodorant / Antiperspirant
- ☐ Tampons / Sanitary napkins
- ☐ Razor + shaving cream (or electric razor)
- ☐ Hairbrush / Comb
- ☐ Nail file / Nail clipper
- ☐ Moisturizing body lotion
- ☐ Makeup kit
- ☐ Hair elastics / barrettes
- ☐ Tweezers
- ☐ Hand mirror
- ☐ Glasses / Contact lenses
- ☐ Facial tissue
- ☐ Sunscreen
- ☐ Insect repellent (DEET-based)
- ☐ Aspirin (or other painkillers)
- ☐ Contraceptive pills / Condoms
- ☐ Personal medicines
- ☐ Lip balm
- ☐ Hand sanitizer

## CLOTHING

- ☐ Underwear / Socks
- ☐ Cool clothing (shorts, t-shirts, tank tops, dresses, etc.)
- ☐ Warm clothing (jeans, pants, sweatshirts, etc.)
- ☐ Shoes / Sandals
- ☐ Warm sweater (polar fleece or wool)
- ☐ Raincoat / Windcheater
- ☐ Sun hat / Tuque
- ☐ Scarf
- ☐ Pyjamas
- ☐ Swimsuit / Towels

## ACCESSORIES

- ☐ Suitcase with wheels
- ☐ Backpack (for day trips)
- ☐ Sunglasses
- ☐ Water bottle
- ☐ Converter / Adapter (electric)
- ☐ Camera + charger
- ☐ Video camera + charger
- ☐ Tripod / Selfie stick
- ☐ Memory card
- ☐ Mobile phone + charger
- ☐ Ziploc bags (to protect electronics)
- ☐ Garbage bags (dirty clothing)
- ☐ Music / Playlist
- ☐ Hairdryer
- ☐ Travel pillow and ear plugs (airplane)
- ☐ Snacks
- ☐ Child's car seat
- ☐ Diaper bag for infants (diapers, changing mat, wipes, cream, bottles, toys, etc.)

## FIRST AID KIT

- ☐ Moleskin for blisters
- ☐ Disinfectant
- ☐ Adhesive bandages
- ☐ Thermometer
- ☐ Motion sickness medication
- ☐ Anti-Diarrheal medication
- ☐ Aloe gel or afterburn for sunburn

## IN YOUR CARRY-ON

Pack the following items in your backpack and bring it on board:

- ☐ Passports
- ☐ ESTA travel authorization
- ☐ Wallet (driver's license, debit/credit cards, American dollars, etc.)
- ☐ Proof of travel insurance
- ☐ Exchange vouchers (where applicable)
- ☐ Plane ticket
- ☐ Travel guide / Book to read
- ☐ Pen
- ☐ Snacks / Water bottle
- ☐ Toothbrush / Toothpaste
- ☐ Deodorant
- ☐ Tampons / Sanitary napkins
- ☐ Facial tissues
- ☐ Aspirin (or other pain medication)
- ☐ Personal medications
- ☐ Sweater (polar fleece or wool)
- ☐ Camera / Video camera
- ☐ Mobile phone