

Packing List

Destination:

Date:

Medical Kit

- Antibiotics (depending on destination)
- Antihistamines or nasal decongestant spray
- Anti-itch lotion
- Antiseptic ointment
- Antiseptic towels
- Band-aids
- Blister pads
- Motion sickness remedies
- Pain relievers
- Remedies for stomach upsets and diarrhoea
- Small digital thermometer
- Sore throat lozenges

Claire's Tips

A well-stocked kit is vital, but there is no need to go overboard. You don't need to heft a pack around that's fit for a paramedic, and you certainly don't need to carry around an entire pharmacy.

A pre-made first aid kit from your local drugstore will of course get the job done, and its preferable in a pinch over nothing. However creating your own is definitely preferable, especially if it's created with you and your destination in mind.

Thinking of only taking a carry-on? Make sure that everything in your kit will make it through security! Check the liquid allowance for any rubbing alcohol and keep in mind that Swiss army knives will *not* make it through.

Clothing

- Dress
- Jackets
- Pants
- Shirts
- Skirts/Shorts
- Sleepwear
- Socks/hose
- Sunhat
- Swimsuit and cover-up
- Ties and belts
- Underwear
- Dress shoes
- Walking shoes
- Water/sport shoes

Claire's Tips

If you can... preplan every outfit you want or need to wear. This way you won't pack doubles of something or end up with only dresses and pants... but no tops.

Roll your clothes! This is a never ending debate of rolled vs. folded clothing, but my vote is to roll.

Place your delicates and smaller items into your shoes. This not only saves space, but it also helps your shoes keep their form when being compressed into your suitcase. Nobody wants to pull leather boots out of a bag all creased and squished.

If you're going somewhere with a cooler climate and need to keep warm, wear your bulkiest and heaviest items on the plane. Not only does this free up space, your bag will be a bit lighter, hopefully avoiding an overweight charge, and you'll be extra cozy on the plane. Even if you're going somewhere tropical, you'll want one warm sweater, so wear it!

Toiletries

- Cleansing and moisturizing products
- Cosmetics
- Deodorant
- Q-tips and cotton balls
- Individual sachets of bubble bath or bath salts
- Insect repellent
- Sanitary products
- Shampoo, conditioner, and styling products
- Shaver and shaving gel
- Small scissors and nail file
- Sunscreen
- Toothbrush, toothpaste, and floss
- Waterless hand cleanser/sanitizer

Claire's Tips

Instead of buying travel-sized version of your favourite products every time you travel, just buy one good-quality set of mini containers and refill them. This will save you money in the long run, but it also lets you bring whichever products you want- even if they aren't sold in a travel container!

Packing compact powdered makeup is always a risk... will it show up cracked into a million pieces? To minimize this chance, place a cotton pad directly on top of the makeup and closed inside the lid.

Even if you're sending your toiletries through in your checked bag, you still want everything in a plastic bag. Bottles can spill or break, and you'll open your bag to a huge mess. Even better, tape around the tabs of bottles that don't lock closed before they go in the plastic bag.

Carry-On Luggage

- Allergy-safe snacks
- Camera with extra batteries & extra memory card
- Cell phone & portable battery
- Change of clothes
- Items to pass the time: books & tablets
- Gum or hard candy
- House and car keys
- List of emergency phone numbers, including credit card and bank notifications, and contacts back home, and for consulate or embassy, airline, vehicle rental agency.
- Money (separate your cash and stash it in a couple of different places; keep travellers cheque serial numbers separate from the cheques themselves).
- Maps and guidebooks (tear out just the pages you need to lighten your load)
- Medication (ensure name on label is exactly the same as on your passport) and medication list

Claire's Tips

Always be cautious of packing liquids! Ensure that your bottles are under the airlines limit and in an easily-accessible spot.

Place electronics at the top of your bag as they need to be pulled out at security now. Digging around for all your devices will hold up you and the line.

Thinking of only taking a carry-on? If you can, this is such a great way to travel! Cut down on the wait times and lost-baggage risk. By preplanning outfits and effectively utilizing all your space, anyone can travel carry-on only. Limit your shoes and jackets, unnecessary accessories and anything that you can buy in-destination. Usually we only end up wearing half of what we pack anyway- if you haven't worn something in the past year, you probably won't wear it on vacation!

Checked Luggage

- Address book or address list for postcards
- Battery-operated alarm clock/radio
- Cell phone charger
- Duct tape
- Electrical converter/adaptor
- Eyeglass repair kit
- Fold-away rain gear
- Inexpensive jewellery
- Luggage strap
- Mini sewing kit and lint brush
- Pen and paper
- Photocopies of key documents (passports)
- Phrase book
- Portable smoke detector/carbon monoxide detector (check they're working before you pack them)

Claire's Tips

Never check essential items! This includes tickets/documents, medication, valuables, keys, and so on. Anything you can't live without goes in the carry-on.

When trying to cram as much into one bag as you can, keep in mind that you can always do laundry on the road. Hotels often offer laundry service or you can do a quick hand wash in the sink.

Pack your biggest items first, then medium, and then fill the gaps and extra space with the smaller items.

Wrap up anything semi-fragile in a thick piece of clothing. Of course if it's *actually* fragile... kind a better way to transport it!

To prevent *non-valuable* jewellery from tangling, lay it out on a sheet of plastic-wrap, then lay another sheet on top. Roll this up and voila- no tangles!

Kids

- Books, toys, travel games, tablets
- Car seat
- Kid-friendly, healthy snacks
- Portable bedrail
- Two-way radios (for cruises)
- Up-to-date photograph of each child, with vital statistics
- CARES seat harness for airplanes
- Portable pool alarm
- Clip-on highchair
- Crib or play pen (if not provided)

Claire's Tips

When packing for kids, there are certain items that you won't be able to live without that won't always be able to fit in your carry-on. Cross-packing is key! Spread out the items you need most across every checked bag, that way if one gets lost, at least you'll have some of the things you need!

Before you head to the airport, stock your phones or tablets with *offline* games or videos. Keeping kids calm and happy during a hectic day of travel is so important, and having internet-free entertainment can save the day.

Think about everything that could happen to the entertainment you've packed... if the tablet battery dies and there's no charger, what's the backup? If they finish their colouring book, do you have another one? Maybe keep your backups as a surprise "present", which can also serve to reward good behaviour through the lines or on the plane!

Happy Travels!