

## MASTER PACKING LIST

Photocopy this list (or download and print from [www.additudemag.com/pdf/packinglist.pdf](http://www.additudemag.com/pdf/packinglist.pdf)). Draw a line through items you're certain not to need. Pencil in additional items you *will* need. (Don't forget that it might be preferable to rent sports equipment after you arrive.) If there's uncertainty about what will be provided at your destination, call ahead to the condo, cottage, campsite, or hotel and ask.

If there are items you'd *like* to bring along but don't actually need for a successful trip, mark each with an "X." Consider them only *after* you've packed the essentials.

Tick off each item as it gets packed.

### Documents

- Driver's license, passport, and extra passport photo
- Credit card, ATM card, and long-distance calling card
- Traveler's checks and/or cash. Carry enough to cover airport/shuttle expenses. If you're headed abroad, have some U.S. currency and some local currency
- Itinerary, including information about airline flights, rental cars, lodging, and train or cruise ticket
- Vaccination certificates
- Health insurance card or trip insurance information
- Copies of prescriptions
- Travel vouchers/coupons for shuttle services
- Coupons for vacation events near where you are staying (mini-golf, restaurants, and so on)
- Relevant membership cards for discounts
- Guide book/phrase book and map
- Vacation reading
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Cosmetics/toiletries

- Medications. COUNT your pills to make sure you have enough to last the entire trip
- Deodorant
- Toothbrush, toothpaste, and floss
- Spare eyeglasses or contact lenses, along with cleaning/rinse solutions
- Shampoo and conditioner
- Brush, comb, and hair clips/bands
- Soap and facial cleanser
- Body lotions, powders, perfumes

- Vitamin tablets
- Sunscreen and lip balm
- Insect repellent
- Razor/shaving cream
- Nail clippers and nail file
- Cotton swabs or balls
- Personal hygiene/contraceptives
- Washcloth
- Towel (If towels won't be provided, consider taking along "sport" towels made of low-bulk, fast-drying fabric. [www.eaglecreek.com](http://www.eaglecreek.com) makes antimicrobial towels, which can be used several times before needing to be washed.)
- Unbreakable mirror
- Toilet paper
- Antibacterial wipes/hand sanitizer
- Sewing kit
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Clothing

- Underwear
- Socks/pantyhose
- Pants/jeans/shorts
- Shirts/blouses
- Belt
- Handkerchief
- Jacket/sweater/sweatshirt
- Suit, dress shirt, tie, and cufflinks
- Dresses
- Nightgown or pajamas, robe, slippers
- Shoes (dress, walking, running, hiking, and so on)
- Sandals
- Swimsuit, cap, goggles, beach shoes
- Beach cover-up
- Hat and gloves
- Coat or jacket
- Boots and wool socks
- Scarf
- Hand warmers
- Long underwear
- Sweater
- Earmuffs
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Miscellaneous

- Security pouch (money belt)
- Water bottle

- Pen, small notebook, stamps, envelopes
- Sticky notes, glue stick
- Business cards
- Gifts
- First-aid kit (bandages, antibacterial cream, scissors, gauze, tape, anti-inflammatories, painkillers, diarrhea treatment)
- Duffel bag or suitcase to bring extra items home in
- Sunglasses and hat
- Sleep mask and earplugs
- Waterproof watch
- Jewelry
- Binoculars
- Pocketknife
- Laundry detergent
- Travel iron
- Plastic bags, including trash bags for dirty laundry
- Lint brush
- Compass/whistle
- Clothesline/hangers
- Tent
- Mosquito net
- Spoon, fork, knife
- Sink stopper
- Inflatable pillow
- Blanket, sleeping bag
- Flashlight
- Athletic equipment (tennis racquet, golf clubs, skis and poles, and so on)
- Duct tape (Don't laugh... it comes in handy AND you can buy it in a travel size!)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Gadgets

- Cell phone/charger
- Calculator
- Laptop computer
- Camera, lenses, and film or spare memory card
- Camcorder
- MP3 player or similar device
- Portable DVD player
- GPS (global positioning satellite) device
- Power cords and adapters/converters
- Extra batteries
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

To subscribe, visit [www.additudemag.com](http://www.additudemag.com) or call toll-free 888-762-8475.

©2014 ADDITUDE magazine. All rights reserved. Reproduction in whole or in part is prohibited.