

All Things Travel

for Health, Safety & Fun!

Use this packing checklist to help you remember the essentials to make your travel experience more pleasurable and give you peace of mind for your domestic or international journey.

- Your Itinerary & Trip Coordinator/Leader Contact information**
- ID – Driver's License / State ID / Passport**

Medical Essentials

- Medication(s)
- COVID Card (copy)
- Insurance Card
- Emergency Contacts
- Pill Organizer
- Vitamin Supplements
- List of Medical Conditions

Luggage & Packables

- Rolling Luggage – Carry-on or Checked
- Carry-on that closes w/compartments
- Backpack / Fannie Pack for Hands Free
- Packable/Compressible Daypack
- Packing/Compression Cubes

- Reusable Water Bottles**
- Comfortable Walking Shoes**
- Layered Clothing appropriate for destination**
- Lightweight Waterproof Jacket w/pockets**
- Extra Masks & Hand Sanitizer**

Electronic Essentials

- Phone Charger + an extra one
- Phone/Tablet Charging Cord + an extra one
- Find My Phone/Tablet feature activated
- Travel Money/Passport Belt w/RFID (undergarment)**
RFID (Radio Frequency ID) Blocker Protection for your credit/debit cards
- Luggage Tracker Tags (GPS-enabled and/or QR code w/your contact info)**

Leave at your home and a copy with someone:

- Your trip itinerary printed and easily accessible
- Hotel/Resort name(s) locations and telephone number
- Location of extra car keys
- The group and/or group leader you are traveling with and contact info

Consider purchasing Travel Protection Insurance

Check the weather for your destination. Check again a day or two before departure.



Courtesy of

Carolyn Hartfield
Health & Wellness Life Coach
www.CarolynHartfield.com
CH@CarolynHartfield.com
678.231.4973