

What To Pack For Your Carry-On Luggage



Passport



Visa



Health Insurance



Credit or Debit Card



Money



Emergency Contact List



Travel Pillow



Charger & Adapter



Important Documents & Notebook



Electronics



Snacks & Water Bottle



Change of Clothes



Check the carry-on rules for your airline!

Travel Preparation To do list

Travel Preparation

- ☐ Renew/Check passport
- ☐ Book medical insurance
- ☐ Change CAD to local currency
- ☐ Check flight status, online check-in, & seat reservation
- ☐ Download offline maps
- ☐ Print important documents
- ☐ Make copies to give to parents or someone you trust
- ☐ Get a credit card
- ☐ Write down important contact numbers
- ☐ Visit doctor (e.g. dentist)
- ☐ Apply for an international driving permit
- ☐ Check vaccination requirements
- ☐ Prepare a general resume
- ☐ Check that your cellphone is unlocked
- ☐ _____

Home Preparation

- ☐ Organize plant & pet care
- ☐ Empty the fridge of perishables
- ☐ Forward or hold mail
- ☐ Give keys to a relative/friend
- ☐ Cancel contracts/subscriptions
- ☐ _____



Packing Checklist

Clothing

- ☐ Shirts
- ☐ T-shirts
- ☐ Shorts
- ☐ Socks
- ☐ Black Pants
- ☐ Jeans
- ☐ Sweater
- ☐ Hat
- ☐ Underwear & Pyjamas
- ☐ Bras
- ☐ Dress, Skirt
- ☐ Pantyhose
- ☐ Purse
- ☐ Collar shirt
- ☐ _____
- ☐ _____

Cold Weather Clothing

- ☐ Jacket (Wind Breaker)
- ☐ Gloves
- ☐ Hat
- ☐ Scarf
- ☐ Long Underwear
- ☐ _____

Optional Clothing

- ☐ Belt
- ☐ Raincoat
- ☐ Umbrella
- ☐ Jewelry
- ☐ Glasses/ Contact Lense kit
- ☐ Smart interview outfit
- ☐ _____
- ☐ _____

Beach Gear

- ☐ Swim Suit
- ☐ Sunglasses
- ☐ Sunblock
- ☐ Beach Towel
- ☐ _____
- ☐ _____

Shoes

- ☐ Runners/Walking shoes
- ☐ Sandals
- ☐ Dress shoes/Heels
- ☐ Shower Shoes
- ☐ _____
- ☐ _____

Electronics

- ☐ Travel alarm clock
- ☐ Hairdryer
- ☐ Cellphone/ Charger
- ☐ Extra Batteries/ Power bank
- ☐ Laptop
- ☐ Watch
- ☐ GPS
- ☐ Headphones
- ☐ _____

Luggage

- ☐ Backpack
- ☐ Carry-on Bag
- ☐ Suitcase
- ☐ Safety Pins
- ☐ _____

Personal Hygiene

- ☐ Toiletry Bag
- ☐ Hair Brush/ Comb
- ☐ Razor/ Electric Shaver
- ☐ Toothbrush/ Tooth Paste
- ☐ Dental Floss
- ☐ Soap/ Cleansers
- ☐ Shampoo/ Conditioner
- ☐ Deodorant
- ☐ Moisturizer
- ☐ Lip Balm
- ☐ Quick-dry towel
- ☐ Make-up
- ☐ Feminine products
- ☐ Tweezers
- ☐ Nail file
- ☐ _____

Health & Medications

- ☐ Prescription Medicine
- ☐ Contraception/ Condoms
- ☐ Motion Sickness
- ☐ Pain/ Aspirin Medication
- ☐ Antibiotic Ointment
- ☐ Laxative/ Diarrhea Medicine
- ☐ First Aid Kit
- ☐ Insect Repellent
- ☐ Band-Aids
- ☐ _____



Quick Packing Tips

1

Pack only as if you're gone for 3 weeks and your favorites!

2

Use packing cubes or the rolling technique so you won't lose any suitcase space.

3

Bring travel size items like shampoo, sunscreen, etc., and buy bigger packages at your destination.

4

Easily accessible items for your carry-on:

- Medication
- Change of Clothing
- Important Documents
- Liquids Bag

