

# Complete Ultimate International Travel Checklist

## ✓ 1. Documents & Travel Essentials

- Passport (valid for at least 6 months from return date)
- Visa(s) (check entry requirements for all countries you're visiting)
- Flight tickets/boarding passes (digital & printed)
- Hotel reservations/accommodation details
- Travel insurance (medical, trip cancellation, baggage loss)
- Driver's license / International Driving Permit (IDP) (if driving)
- Copies of important documents (passport, visa, insurance, itinerary)
- Emergency contact list (family, embassy, insurance)
- Travel itinerary (flights, accommodation, key plans)

## 🇺🇸 2. Money & Finances

- Credit/debit cards (notify your bank of travel dates)
- Local currency (for taxis, tips, markets)
- Travel money belt / hidden pouch
- Currency converter app or offline cheat sheet
- Prepaid travel card (optional)

## 🩺 3. Health & Safety

- Vaccinations (check requirements via CDC/WHO or local health dept.)
- Prescription medications (in original packaging + doctor's note)
- Basic first-aid kit (painkillers, antiseptic, motion sickness meds)
- Hand sanitizer & masks (some countries may still require them)
- Travel health insurance card/info
- Bug spray / mosquito repellent (if traveling to tropical areas)
- Sunscreen (especially in hot climates)

## 🧳 4. Packing Essentials

### 🧳 Carry-On Bag

- Passport, wallet, phone
- Valuables (laptop, camera, jewelry)
- Headphones / earbuds
- Chargers & power bank
- Travel pillow, eye mask, earplugs
- Snacks & water bottle (empty through security)
- A change of clothes (in case of luggage loss)

### 🧳 Checked Luggage

- Clothing for weather and activities
- Undergarments & sleepwear
- Toiletries (in travel-size containers)

- Adapter/converter (check voltage and plug type)
- Shoes (comfortable walking, dressy, flip-flops)
- Laundry bag / travel detergent
- Ziplock bags (for leaks, snacks, or electronics)

## 5. Digital Prep & Apps

- Offline maps (Google Maps offline or Maps.me)
- Translation app (Google Translate)
- Travel guide apps or PDFs (e.g. Triplt, Lonely Planet)
- Entertainment (books, movies, music, podcasts downloaded)
- VPN app (for public Wi-Fi safety)
- Cloud backup of documents
- Local SIM card or eSIM plan setup

## 6. Pre-Departure To-Do

- Arrange transportation to/from airport
- Pause mail delivery or have someone collect it
- Set out-of-office auto-reply (email/work)
- Turn off appliances, lights, AC
- Arrange pet care / plant watering
- Double-check weather and luggage weight
- Download airline and accommodation apps

## 7. On Arrival / During the Trip

- Go through customs and immigration
- Exchange a small amount of money if needed
- Get local SIM / connect to Wi-Fi
- Stay hydrated & adjust to jet lag
- Secure your valuables in hotel safe
- Respect local customs and laws
- Always carry a copy of your passport & local address

## 8. Before Returning Home

- Reconfirm your return flight
- Check luggage weight for souvenirs
- Leave room clean (for Airbnb etc.)
- Return rental car / settle bills
- Backup your photos

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*From:*

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