

# TRAVEL BASICS CHECKLIST



## Pre Trip Prep

### DOCUMENTS

- ☐ Passport (valid for at least 6 months)
- ☐ Visa or equivalent (if required)
- ☐ Flight and other transport tickets/boarding passes (printed or digital)
- ☐ Hotel reservations and itinerary details
- ☐ Travel insurance documents
- ☐ Driver's license (international license if needed)
- ☐ Emergency contact information
- ☐ Tour tickets/theme park admission (printed or digital)

### MONEY AND FINANCES

- ☐ Cash in local currency
- ☐ Credit and debit cards (ensure they're accepted at the destination)
- ☐ Notify your bank of travel dates to avoid card blocks
- ☐ Currency converter app (if needed)

### HEALTH AND SAFETY

- ☐ Check health requirements for the destination (vaccinations, precautions)
- ☐ Travel sized hand sanitiser, face masks, disinfectant wipes
- ☐ Prescription medication and copies of prescriptions/doctor's letters
- ☐ Basic first aid kit (bandages, antiseptic, pain relievers, etc.)
- ☐ Vaccination certificates (e.g., COVID-19, Yellow Fever, etc.)

### HOUSE PREP

- ☐ Arrange pet care or house sitting (if necessary)
- ☐ Set home security alarm
- ☐ Turn off appliances, water, and gas where applicable
- ☐ Hold or forward mail if needed



## Packing Essentials

### LUGGAGE AND BAGS

- ☐ Durable, lightweight suitcase or backpack (carry on and checked)
- ☐ Backpack or crossbody bag for essentials
- ☐ Reusable shopping bag (foldable and eco friendly)
- ☐ Packing cubes
- ☐ Toiletry bags
- ☐ Bag/s for dirty laundry

### CLOTHING AND ACCESSORIES

- ☐ Weather appropriate clothing (research weather forecast)
- ☐ Comfortable shoes (for walking and/or hiking)
- ☐ Swimwear, cover ups (if applicable)
- ☐ Sleepwear, socks and underwear
- ☐ Accessories: hats, scarves, gloves (as needed)
- ☐ Sunglasses and travel umbrella

## TOILETRIES

- ☐ Toothbrush, toothpaste, and floss
- ☐ Shampoo, conditioner, soap/body wash (travel size if possible)
- ☐ Razor and shaving cream
- ☐ Deodorant and perfume
- ☐ Hairbrush, comb, hair ties, and styling products
- ☐ Sunscreen and after sun lotion
- ☐ Makeup, makeup remover, cotton pads
- ☐ Skincare (travel size if possible)
- ☐ Travel towel (quick dry)

## TECHNOLOGY AND GADGETS

- ☐ Phone and charger
- ☐ Portable charger (power bank)
- ☐ Headphones or earbuds
- ☐ Camera, memory card, charger, batteries
- ☐ E-reader or tablet
- ☐ Universal power adapter
- ☐ Travel Wi-Fi or SIM card (if needed)

## TRAVEL COMFORT

- ☐ Neck pillow and eye mask
- ☐ Reusable water bottle (empty before security)
- ☐ Snacks for flights or long journeys
- ☐ Book, magazine, or other entertainment
- ☐ Travel journal and pen
- ☐ Hand cream and lip balm



## Destination Specific Items

### BEACH/RESORT DESTINATION

- ☐ Beach bag and towels
- ☐ Waterproof phone pouch
- ☐ Snorkel gear or water shoes (if desired)

### WINTER/SKI DESTINATION

- ☐ Thermal clothing, heavy jacket, and gloves
- ☐ Ski goggles and snow boots
- ☐ Lip balm and extra moisturiser for cold weather

### ADVENTURE/HIKING DESTINATION

- ☐ Hiking boots and trekking poles
- ☐ Lightweight and breathable layers
- ☐ Refillable hydration pack and snacks

### THEME PARK/CONVENTION DESTINATION

- ☐ Comfortable walking shoes
- ☐ Theme park/convention related clothing
- ☐ Folder and bag for photos and souvenirs



## Important Extras

### SAFETY AND EMERGENCY ITEMS

- ☐ Copy of passport and travel documents (store digitally, too)
- ☐ Mini flashlight
- ☐ Whistle/personal alarm for safety
- ☐ Emergency numbers (local and home contacts)

### ENTERTAINMENT AND EXTRAS

- ☐ Playing cards, puzzle book, or travel games
- ☐ Language phrasebook or translation app
- ☐ Small sewing kit for quick fixes
- ☐ Basic first aid kit (bandages, antiseptic, pain relievers, etc.)



## Before You Leave

- ☐ Confirm all bookings and check-in for flights (24 hours prior)
- ☐ Double check luggage weight and size restrictions for carry on and checked baggage
- ☐ Recheck the weather forecast for any final packing adjustments
- ☐ Turn off lights, water, appliances and lock doors
- ☐ Leave a copy of your itinerary and contact information with a friend or family member
- ☐ Check you have your phone and charger
- ☐ Make sure you have all your documents, especially your tickets/boarding passes and passport if you're travelling overseas!



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# HOORAY!



I hope my Travel Basics Checklist helps you feel less overwhelmed and more organised now you have an overview of everything you need to get planned, booked and packed so you can finally make your epic trip of a lifetime happen with ease, confidence and completely on your own terms. Here's to this being the first of many more travel adventures!

If you'd like a little more support in making your epic trip of a lifetime happen or you just wanna say hey, please reach out at:

 [bucketlisttravelcoaching](#)

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Happy travelling!

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