

Travel Checklist

Make travelling as easy on yourself as possible. Here are a few helpful hints.

Important Documents & Necessities

- E-Ticket, hotel reservation confirmation number, travel insurance card and emergency numbers
- Calling card
- Car rental confirmation
- Cash
- Credit card company information
- Credit & ATM cards
- Driver's License
- Your contact information while you are away
- Guidebooks
- Membership cards
- CAA, frequent flyer
- Money belt or pouch
- Passport, visa(s) + photocopies of passport and all credit cards
- Travel Insurance

Personal Items & Hygiene

- Body lotion
- Conditioner*
- Contact lenses and solution*
- Cosmetics*
- Clothesline
- Curling iron/hair straightener
- Deodorant*
- Eye drops*
- Feminine hygiene products
- Floss
- Glasses
- Hairbrush or comb
- Hair care products*
- Hair dryer
- Hand sanitizer*
- Lip balm*
- Moist towelettes*
- Mouthwash*
- Paper towels/tissues
- Razors and shaving cream*
- Shampoo*
- Soap*
- Toiletry bag
- Toothbrush
- Toothpaste*
- Towel/wash cloth
- Woolite or laundry detergent packets*

*Liquids & Gels

In your carry on luggage only bring liquids, gels and aerosols that are 100ml/100 grams or less and ensure they fit in a clear, closed and resealable 1 litre (1 quart) plastic bag. Prescription medicine and baby formula or milk are exempt. You can pack any size liquid or gel in your checked baggage.

Scissors, nail clippers, razor blades and other sharp objects

Pack them in your checked baggage. They will not be allowed through security.

For more information call 1.888.294.2202 or visit the Canadian Air Transport Security Authority web site at www.catsa.ca.

Clothing and Accessories

- Belt
- Comfortable shoes
- Dress(es)
- Dress shoes
- Gloves/mittens
- Hiking boots
- Jacket
- Jewelry
- Knit hat
- Long underwear
- Pajamas/sleepwear
- Pants/trousers
- Rain boots
- Raincoat
- Sandals
- Scarf
- Shirts
- Shorts
- Slippers
- Socks
- Stockings
- Suit(s)
- Sweaters
- Sweatshirts
- Swimsuit
- Sneakers
- T-shirts
- Underwear
- Watch
- Wide-brimmed hat

Medications and Health

- Allergy pills
- Anti-itch cream
- Cold medicine
- Contraceptives
- First-aid kit
- Herbal supplements
- Malaria tablets
- Motion sickness remedies
- Nausea and diarrhea remedies
- Pain relievers
- Prescriptions
- Sleep medications
- Vitamins
- Water purification method

Gadgets

- Camera and charger
- Cell phone and charger
- Converters and adapters
- Extra memory cards or film
- Laptop and accessories
- MP3 player
- PDA
- Spare batteries
- Travel alarm clock
- Video camera and charger

Family

- Baby food
- Baby powder
- Bibs
- Bottles/sippy cup
- Car seat
- CD's/DVD's
- Changing pad
- Child's toilet seat
- Colouring books
- Crayons/markers
- Diapers
- Extra clothes
- Favourite Blanket
- Food/snacks
- Formula or juice
- Highchair
- Kid-friendly camera
- Nursing pads
- Pacifiers
- Playing cards
- Stroller
- Stuffed animals
- Toys
- Travel games
- Waterproof sheets
- Wipes

Tropical Destinations

Did you get all the shots required or recommended? Check with your doctor or public health department for required vaccination you can also get information online at the Centers for Disease Control and Prevention at www.cdc.gov. Remember that several of these shots require two to three weeks to be effective, so don't wait until the last minute.

One parent travelling with children

Regulations require one parent travelling alone with children to have a signed, notarized letter from the other parent explicitly stating that permission has been given to the travelling parent to be taking the children. This is for ALL parents, not just separated or divorced parents.

It's also a very good idea for children to have their own photo ID and passports may be required, depending on where you are going.

Streamline your packing:

Here are a few hints about what NOT to pack:

Don't Pack Your Entire Beauty Routine

Strip it all down to the minimum. If you are staying at a hotel that will offer complimentary toiletries -- use them! Opt for a shampoo/conditioner combo. Find a moisturizer with SPF. Let your moisturizing body wash double as a shaving cream. Share your shampoo, soap or toothpaste with your travelling partner. Lose the bulky containers. Instead, try zip-top bags.

Don't Pack Your Jewelry and Valuables

Rule of thumb -- if you have an heirloom piece of jewelry or an expensive watch, leave them home. Tourists are often targets for thieves, and luggage can get lost. If you must bring jewelry, keep it in the hotel safe except for special occasions and be sure it's covered by appropriate insurance. Most homeowners' policies will not cover jewelry if it's lost or stolen while travelling, so you may need to purchase a separate policy. Pack any valuables you take with you or buy on your trip in your carry-on. Checked bags can get lost.

Don't Pack More Than One Guidebook

A stack of books can get heavy. One good, comprehensive guidebook should do the trick. If you really want the info from several guidebooks, photocopy your favorite sections. Lonely Planet recently introduced mix-and-match guidebook chapters that can be downloaded a la carte on its web site at <http://shop.lonelyplanet.com> -- so you only have to pay for (and pack!) the sections you need. Find out where there's an Internet cafe or two at your destination before you leave. If you want access to travel information during your trip, you can always find it on the web.

Don't Pack More Clothes Than You Need

Deciding which clothes to bring is sometimes one of the most difficult parts of packing. Reducing the number of outfits you bring can lighten your load significantly. If you're going on a seven-day trip, spend a week before you leave keeping track of everything you wear. Keep track, then figure out which items you can do without. Bring clothes in neutral colors that you can mix and match, and only pack shoes that can be worn with many outfits. Check the weather at your destination before you leave and pack accordingly. Take small packets of laundry detergent so you can wash your clothes in your hotel sink and hang them out to dry.

Don't Pack Unnecessary Gadgets

This applies to you if you have ever packed items such as nightlights, shoe horns, portable DVD players, book lights, coffee makers, fire-safety smoke hoods, hotel-door alarm systems, toothbrush sanitizers or electronic language translators, and never used them. If you must take travel gadgets, pick one or two that you just have to have and save the others for a future trip. Keep in mind that you may need to pack things like spare batteries, chargers, or electrical adapters and converters to make your gadget work on overseas trips.

That should about do it. Have a wonderful trip. Travelling well means travelling smart. Coming to this web site was a great start.