

ALEX TILLEY'S CHECKLIST FOR PACKING

The Must-Haves

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|---|---|---|
| <input type="checkbox"/> Bank/Debit Card | <input type="checkbox"/> Ticket(s) | <input type="checkbox"/> Medical/allergy information in wallet or on bracelet |
| <input type="checkbox"/> Cash/Traveller's Cheques | <input type="checkbox"/> Itinerary, copy for each traveller | <input type="checkbox"/> Adequate medical coverage for travellers |
| <input type="checkbox"/> Because your wallet or purse may get lost, exchange a credit card with your companion. Also, if you're taking three or more outfits, exchange one complete one with your companion in case your checked luggage doesn't make it. | <input type="checkbox"/> Photocopies of credit cards, passports, tickets and extra passport photos (<i>kept separately</i>) | <input type="checkbox"/> Driver's License/Photo I.D. |
| | <input type="checkbox"/> International calling card access number | <input type="checkbox"/> Passport |
| | <input type="checkbox"/> Emergency phone list (<i>family, banks, embassies, doctor</i>) | |
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Clothing and Accessories

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| <input type="checkbox"/> 2-3 pairs of pants – one being Zip-Offs | <input type="checkbox"/> Underwear – 2 pairs if Tilleys | <input type="checkbox"/> Tilley Hat |
| <input type="checkbox"/> 3-4 shirts | <input type="checkbox"/> Bras & nylons | <input type="checkbox"/> Belt(s) & Tie |
| <input type="checkbox"/> 1-2 Skirt(s) | <input type="checkbox"/> Socks – 2 pairs if Tilleys | <input type="checkbox"/> Watch |
| <input type="checkbox"/> 1-2 Short(s) | <input type="checkbox"/> 2 pairs of shoes, no new shoes | <input type="checkbox"/> Scarves & costume jewelry |
| <input type="checkbox"/> Sweater or windbreaker | <input type="checkbox"/> Pyjamas/lounge outfit | |
| <input type="checkbox"/> Jacket/Blazer | <input type="checkbox"/> Bathing suit/cover-up | |
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Personal Care and Toiletries

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| <input type="checkbox"/> Prescription medicine | <input type="checkbox"/> Dental floss | <input type="checkbox"/> Body/hand lotion |
| <input type="checkbox"/> Copies of prescriptions | <input type="checkbox"/> Shaving kit | <input type="checkbox"/> Fast-drying face cloth & towel |
| <input type="checkbox"/> Toiletry bag (hang-up style) | <input type="checkbox"/> Comb/brush | <input type="checkbox"/> Bug repellent |
| <input type="checkbox"/> Antiseptic wipes/lotion | <input type="checkbox"/> Deodorant | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Assorted band-aids | <input type="checkbox"/> Shampoo in plastic container | <input type="checkbox"/> Sunglasses |
| <input type="checkbox"/> Antibacterial cream | <input type="checkbox"/> Mouthwash in plastic container | <input type="checkbox"/> Extra prescription glasses/contacts |
| <input type="checkbox"/> Pain reliever | <input type="checkbox"/> After shave/perfume | <input type="checkbox"/> Clothes soap in plastic container |
| <input type="checkbox"/> Eye drops | <input type="checkbox"/> Cotton-tipped swabs | <input type="checkbox"/> Sink stopper & clothesline |
| <input type="checkbox"/> Indigestion/antihistamine/diarrhea remedies | <input type="checkbox"/> Tweezers | |
| <input type="checkbox"/> Toothbrush and toothpaste | <input type="checkbox"/> Nail file/clippers | |
| | <input type="checkbox"/> Make-up | |

The Extras

- ☐ Camera/video recorder
- ☐ Film/memory card
- ☐ Extra batteries
- ☐ Hidden money belt/waist safe
- ☐ Travel document organizer
- ☐ Travel alarm clock
- ☐ Bottle/can opener
- ☐ Corkscrew
(in checked luggage only)
- ☐ Duct tape
- ☐ Foldable tote bag
- ☐ Flashlight
- ☐ Folding umbrella
- ☐ Reading material
- ☐ Playing cards
- ☐ Travel sewing kit
- ☐ Safety pins
- ☐ Small scissors
(in checked luggage only)
- ☐ Elastic bands
- ☐ Travel candle in metal tin
- ☐ Assorted plastic bags
- ☐ Pens/pencils and note pad
- ☐ Neon luggage tags or straps
- ☐ Travel Sentry™ Certified
baggage locks
- ☐ Waterbottle & holder
- ☐ Travel clothesline
- ☐ Travel hair dryer
- ☐ Electrical adapters/converters
- ☐ Spot remover
- ☐ Inflatable neck pillow for napping
- ☐ Translation guide
- ☐ Map of area
- ☐ Compass
- ☐ Swiss Army Knife®
(in checked luggage only)
- ☐ Binoculars (compact)
- ☐ Foreign exchange calculator
- ☐ Personal MP3/DVD player
- ☐ Electronic book/E-book
- ☐ Cell phone, if it will work abroad

Research your destination

Before you go, spend some time learning about your destination. Travel books, website searches and public libraries are all good sources. Ensure you know the entry requirements before you go. Some countries won't let you in if your passport expires within 6 months. Others require visas to be obtained before you leave home. The expected weather patterns will influence the type of clothing you bring and the extent of rain gear and warm jackets needed. Details of local holidays may suggest some rescheduling to enjoy the celebration or avoid the crowds. Travelling should be an adventure, so don't regiment every last detail of your vacation. Leave some days open to see where the winds will take you. Isn't it often the places off the beaten track that yield the most memorable days?

Pay attention to political situations affecting your destination, look into communicable diseases affecting the area you will be visiting, and check security and packing regulations. Helpful websites include:

www.voyage.gc.ca

(Canadian Department of Foreign Affairs and International Trade)

www.state.gov

(U.S. Department of State)

www.catsa-acsta.gc.ca

(Canadian Air Transport Security)

www.tsa.gov/public/

(U.S. Transportation Security Administration)

Embassies

www.dfait-maeci.gc.ca/world/embassies/menu-en.asp *(Canada)*

www.usembassy.state.gov/ *(USA)*

Intimidating as speaking a foreign language may be, people always respect your attempts to converse in their native tongue. It may be awkward, but you'll be amazed at how much you can pick up. Key phrases are: hello, please, thank you, where is the bathroom? Visit www.dictionaries.travlang.com