



ULTIMATE TRAVEL PACKING LIST

Travel Documents

- ☐ Passport
- ☐ Driver's License or ID
- ☐ Boarding Pass
- ☐ Travel Insurance Information
- ☐ Hotel Confirmations
- ☐ Transportation Tickets
- ☐ Credit Cards
- ☐ Cash

Carry-On Essentials

- ☐ Phone
- ☐ Charging Cable
- ☐ Portable Power Bank
- ☐ Travel Wallet
- ☐ Headphones or Earbuds
- ☐ Refillable Water Bottle
- ☐ Snacks
- ☐ Pen
- ☐ Travel Journal
- ☐ Coloring Book
- ☐ Colored Pencils

Plane Comfort Essentials

- ☐ Compression Socks
- ☐ Neck Pillow
- ☐ Sleep Mask
- ☐ Travel Blanket
- ☐ Lip Balm
- ☐ Hand Sanitizer
- ☐ Tissues
- ☐ Motion Sickness Medication
- ☐ Sweater or Light Jacket

Tech Organizer

- ☐ Phone Charger
- ☐ Watch Charger
- ☐ Power Bank
- ☐ International Adapter
- ☐ Travel Electronics Organizer

Clothing

- ☐ Tops
- ☐ Bottoms
- ☐ Underwear
- ☐ Socks
- ☐ Sleepwear
- ☐ Walking Shoes
- ☐ Dress Shoes
- ☐ Rain Jacket
- ☐ Swimsuit

Toiletries

- ☐ Toothbrush

- ☐ Toothpaste
- ☐ Shampoo
- ☐ Conditioner
- ☐ Deodorant
- ☐ Hair Brush
- ☐ Medications
- ☐ Sunscreen

Visit **WindowSeatTherapist.com** for more travel inspiration.

- **Pack one outfit in your carry-on.**
- **Bring a foldable shopping bag for souvenirs.**
- **Compression socks make long flights more comfortable.**
- **Download maps before leaving home/add map apps to your phone.**
- **Keep medications in your carry-on.**
- **Always carry a portable charger.**