

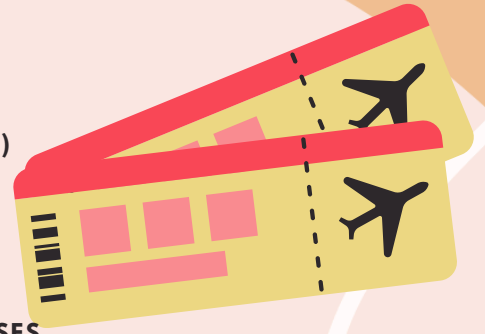
TRAVEL ESSENTIALS CHECKLIST

www.tantalisemytastebuds.com



OUTFIT PLAN

- 5 TOPS (FOR ROTATION)
- 4 BOTTOMS (TO MATCH THE TOPS - SHORTS, SKIRTS, LONG PANTS)
- 3 PAIRS FOOTWEAR (TO COVER ALL SITUATIONS)
- 2 DRESSES / JACKETS / SWEATERS (FOR EVENINGS)
- 1 SET ACCESSORIES (HAT, SCARVES, GLOVES, JEWELRY, SUNGLASSES, PASHMINA)



TOILETRIES:

- SKINCARE, MAKE-UP, SUNSCREEN, PERFUME
- TRAVEL MANICURE KIT
- TOOTHBRUSH, TOOTHPASTE & DENTAL FLOSS
- SOAP, SHAMPOO & CONDITIONER, DEODORANT
- INSECT REPELLENT LOTION



ESSENTIALS:

- HOUSE KEYS / ACCESS CARD
- MOBILE PHONE
- TRAVEL ADAPTER & POWER BANK
- RFID BLOCKING WALLET OR PURSE
- IPAD, TABLET OR E-READER
- NOISE CANCELLING HEADPHONES
- TRAVEL EYE MASK & EAR PLUGS
- COLLAPSIBLE LEAKPROOF WATER BOTTLE
- MINI-UMBRELLA
- TRAVEL BIDET
- COMPRESSION SOCKS



DOCUMENTATION:

- PASSPORT/ID & VISA
- FOREIGN CURRENCY, DEBIT & CREDIT CARDS
- TRAVEL & MEDICAL INSURANCE INFORMATION
- TRAVEL TICKETS (PLANE, TRAIN, BUS ETC.)
- HOTEL BOOKING CONFIRMATION



HEALTH & SAFETY:

- PRESCRIPTION MEDICATIONS & LETTERS
- FIRST AID KIT (INCLUDING BAND-AIDS, ANTISEPTIC WIPES, AND PAIN RELIEVERS)
- ANTI-SPASMODICS / LAXATIVE
- VITAMINS & SUPPLEMENTS



MISCELLANEOUS:

- DOWNLOAD GOOGLE MAPS OR WAZE
- ANTI-THEFT CROSS BODY BAG & BACKPACK
- TRAVEL IRON
- SANITARY PADS / PANTY LINERS / WET WIPES
- PORTABLE DOOR LOCK / DOOR STOP ALARM