

PACKING LIST



Must-haves

- Passport and visa
- Cash in local currency
- Insurance information
- Reservation details (hotel, flight/train, pre-booked trips)



Personal items & hygiene

- Toothbrush & toothpaste
- Shampoo & conditioner
- Sunscreen & after sun lotion
- Contact lenses
- Face wash & mouth wash
- Floss
- Cosmetics (and remover)
- Hairbrush or comb
- Antibacterial gel
- Razor & shaving cream
- Deodorant & perfume
- Nail clippers
- Lip balm
- Hair dryer
- Feminine hygiene products



Clothing & accessories

- Swim suit
- Hat
- Beach cover-up
- Pants & shorts
- Dresses
- Underwear
- Socks & stockings
- Shirts & t-shirts
- Sneakers & sandals
- Jacket (& rain coat)
- Sleep wear
- Belt
- Scarfs
- Watch & jewellery
- Sunglasses



Medications & health

- Allergy pills
- Prescriptions
- Bandages
- Vitamins
- Pain killers
- First-aid kit

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Ostomy specifics

- Ostomy bags (plus a few extra than normal in case of delays)
- Ostomy accessories (such as adhesive remover, skin barrier)
- Scissors (hold luggage only – not allowed in hand luggage – or pre-cut your baseplates before you leave)
- A small travel bag to keep your supplies with you when out and about
- Your Travel Card (which explains the reason for carrying supplies)
- Dry wipes
- Disposable bags
- Filter cover stickers for if you go swimming



Contenance specifics

- Catheters (always pack extra)
- Extra underwear and maybe extra pants
- Antibacterial gel or hand wash
- Pads- an absorbent pad or liner in case of unexpected leakage
- Paper towels or tissues
- Plastic bags (for used accessories, used catheters or wet garments)
- Your Travel Card (which explains the reason for carrying supplies)
- Disposable gloves
- Wet wipes/ towelettes
- Handheld mirror

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Going away with the family

- | | | |
|--|--|--|
| <input type="checkbox"/> Playing cards & games | <input type="checkbox"/> Crayons and markers | <input type="checkbox"/> Children's books |
| <input type="checkbox"/> Toys | <input type="checkbox"/> Stroller | <input type="checkbox"/> Dolls and teddies |



Going to the beach

- | | | |
|-------------------------------------|--------------------------------------|---|
| <input type="checkbox"/> Beach bag | <input type="checkbox"/> Beach towel | <input type="checkbox"/> Umbrella |
| <input type="checkbox"/> Book | <input type="checkbox"/> Music | <input type="checkbox"/> Water and food |
| <input type="checkbox"/> Beach ball | <input type="checkbox"/> Beach toys | <input type="checkbox"/> Flip flops |



Big city holiday

- | | | |
|-----------------------------------|--|------------------------------------|
| <input type="checkbox"/> City map | <input type="checkbox"/> Walking shoes | <input type="checkbox"/> Back pack |
|-----------------------------------|--|------------------------------------|



Outdoor holiday

- | | | |
|--|---|--|
| <input type="checkbox"/> Practical shoes | <input type="checkbox"/> Camping stove/fuel | <input type="checkbox"/> Lighter |
| <input type="checkbox"/> Sleeping bag | <input type="checkbox"/> Tent | <input type="checkbox"/> Fast drying clothes |
| <input type="checkbox"/> Trekking poles | <input type="checkbox"/> GPS / compass | <input type="checkbox"/> Insect repellent |

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Travelling by plane

- Books & magazines
- Inflatable pillow
- Earplugs
- Eye mask
- Small bag for liquids
- Small cans for liquids (maximum 100ml in your carry-on)



Gadgets

- Camera and charger
 - Phone, tablet
 - Music player / MP3
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Various

- Address book
- Sewing kit
- Swiss army knife



Add you own things

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |