

# 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

# Packing List



## 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



## 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



## Various

- Address book
- Sewing kit
- Swiss army knife

# Packing List



## 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    |

# Packing List



Add you own things

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