

Traveler's Packing Checklist



Even though you might not need everything on this list, it's a good exercise to read through it and make note of those items you want to pack. Some of these items are seasonal suggestions, so use your judgment accordingly. You also may want to include other personal items not on this list. In any case, pack as lightly as you can.

General Tips

- Comfortable walking shoes are a must! Be sure they are already broken in.
- In general, dressy attire is not required on most tours; casual attire is the norm. Nice jeans are acceptable attire for men and women for most groups.
- Shorts and sleeveless tops, for men and women alike, are not permitted in most churches.
- Head coverings are not required for women in churches.
- If you use a washcloth, bring one; most hotels do not provide them.

Travel Gear

- Checked luggage bag
- Carry-on bag
- Personal item (can be purse)
- Luggage tags
- Catholic Travel Centre nametag
- Neck wallet/money belt
- Inflatable travel pillow for neck support on plane

Paperwork, Documents & Cards

- Passport
- Photocopy of passport
- Visa(s) (if required)
- Airline ticket
- Copies of medical prescriptions and generic names

Money

- Cash
- ATM card(s)
- Credit card(s)
- Phone calling card

Footwear

- Comfortable walking shoes
- Socks (several pair)
- Extra shoelaces
- Pantyhose / nylons

Clothing

Try to coordinate around a central color, so you can mix and match items, and consider taking items you can use to layer outfits instead of taking heavy, limited-use items.

- Undergarments
- Nightwear and soft slippers
- Belts
- Slacks / Jeans
- Wrinkle-resistant skirts
- Wrinkle-resistant dresses
- Permanent press shirts / blouses
- T-shirts and tops
- Sweaters / sweatshirts
- Athletic wear
- Jackets
- Raincoat / poncho

Travel Aids

- Plastic Ziploc bags (for liquids, shoes, and wet clothes)
- Earplugs
- Eye mask
- Towelettes / hand sanitizer
- Washcloth(s)
- Small sewing kit

Traveler's Packing Checklist



Accessories

- Watch
- Costume jewelry (no valuables)
- Sunglasses
- Foldable sun hat
- Raincoat / umbrella
- Scarf
- Handkerchief
- Gloves



Travel Tech Items

- Mobile phone and charger
- Voltage converter (converts electric current)
- Travel adapter (for different shaped sockets)
- Travel-size hair dryer
- Curling iron
- Electric razor
- Travel alarm clock
- Mini-flashlight
- Camera, film, lenses, charger
- Batteries



Toiletries

- | | |
|---|---|
| <input type="checkbox"/> Toothbrush | <input type="checkbox"/> Prescription medications |
| <input type="checkbox"/> Toothpaste | <input type="checkbox"/> Vitamins |
| <input type="checkbox"/> Dental floss | <input type="checkbox"/> Band-Aids, minor first-aid items |
| <input type="checkbox"/> Breath freshener | <input type="checkbox"/> Q-tips |
| <input type="checkbox"/> Deodorant | |
| <input type="checkbox"/> Washcloth / towel | |
| <input type="checkbox"/> Glasses (extra pair) | |
| <input type="checkbox"/> Eye drops | |
| <input type="checkbox"/> Contact lenses (extra set) | |
| <input type="checkbox"/> Contact case and solution | |
| <input type="checkbox"/> Shampoo and conditioner | |
| <input type="checkbox"/> Comb and brush | |
| <input type="checkbox"/> Shaving lotion and razor | |
| <input type="checkbox"/> Facial cleanser and lotion | |
| <input type="checkbox"/> Body lotion | |
| <input type="checkbox"/> Tissues / cotton pads | |
| <input type="checkbox"/> Sun protection | |
| <input type="checkbox"/> Cosmetics | |
| <input type="checkbox"/> Compact mirror | |
| <input type="checkbox"/> Over-the-counter remedies | |



Books and Misc

- Bible
- Reading material (books / magazines)
- Foreign phrase book
- Guidebooks and maps
- Writing journal and pen
- Business or calling cards



Before-You-Leave-Home Checklist

- House key (bring one and leave one with relative or neighbor)
- Leave itinerary and important information with relative or friend
- Arrange care of pets
- Arrange care of lawn, plants
- Empty refrigerator and garbage
- Have post office hold mail
- Stop newspaper deliveries
- Notify alarm system company
- Set timed lighting system
- Eliminate possible fire hazards (unplug appliances, etc.)
- Adjust thermostat
- Turn off water and water heater
- Store valuables in safe place
- Lock all doors and windows
- Reconfirm airline departure time



Other Items

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____