

Handout 2

Example Packing Checklist

Clothing

- Dress clothes for formal nights
- Casual outfits
- Swimwear
- Undergarments
- Sleepwear
- Shoes: dress shoes, casual shoes, sandals
- Socks

Toiletries

- Toothbrush and toothpaste
- Shampoo and conditioner
- Soap or body wash
- Deodorant
- Hairbrush or comb
- Razor and shaving cream
- Makeup and remover
- Sunscreen

Medications

- Prescription medications
- Over-the-counter pain relievers (Tylenol, Ibuprofen, Aleve)
- Vitamins and supplements
- Other over-the-counter items as needed

Medical / Accessibility Items

- Wheelchair accessories and tools
- Transfer board
- Compression stockings and donning aid
- Catheters and supplies
- Gloves and sanitizing wipes

Electronics

- Phone and charger
- Tablet or laptop and charger
- Headphones
- Camera and accessories
- Extension cord or power strip

Travel Documents

- Passport or ID
- Cruise documents
- Boarding passes
- Travel insurance
- Credit cards and cash

Miscellaneous

- Business cards
- Travel pillows
- Playing cards
- Yeti or reusable water bottle
- Reading glasses
- Books or e-reader
- Snacks

Note: Adjust the list to fit your personal needs and itinerary.