

The ultimate international travel checklist

Tasks to do and essential items to pack before you go

TO PACK:



Travel documents

- ☐ Passport or ID
- ☐ Travel tickets
- ☐ Travel insurance policy
- ☐ Visa

You might also need:

- ☐ International driving permit
- ☐ Proof of vaccination
- ☐ Medical documents
- ☐ Custom documents
- ☐ Custody documents



Carry-on essentials

- ☐ Travel documents
- ☐ Wallet
- ☐ Medications
- ☐ Just enough clothes and an extra pair of shoes
- ☐ Electronics (power bank, chargers, and travel adapters)
- ☐ Toiletries
- ☐ Any valuables

Optional extras:

- ☐ A source of entertainment
- ☐ Snacks
- ☐ Headphones
- ☐ Travel pillow



Health items

- ☐ Prescription medications
- ☐ Over-the-counter medications
- ☐ Portable first aid kit
- ☐ Travel health insurance

You might also need:

- ☐ Medical devices
- ☐ Vaccinations
- ☐ Feminine hygiene products



What NOT to pack

- ☐ Hazardous and explosive items
- ☐ Sharp items
- ☐ Valuable or irreplaceable items
- ☐ Weapons or self-defense items
- ☐ Illegal items
- ☐ Large amounts of cash
- ☐ Other prohibited or restricted items

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TO DO:



Financial preparations

- ☐ Notify your bank
- ☐ Get backup payment cards
- ☐ Exchange currency
- ☐ Set aside emergency cash
- ☐ Check ATM fees
- ☐ Pay bills before departure
- ☐ Pause or cancel subscriptions



Departure preparations

- ☐ Check the weather
- ☐ Charge your devices
- ☐ Keep liquids and electronics within easy reach
- ☐ Confirm your travel details
- ☐ Arrive early
- ☐ Familiarize yourself with customs forms
- ☐ Learn a few words in the local language
- ☐ Prepare for medical emergencies
- ☐ Decide how you'll stay online



Pre-trip preparations

- ☐ Find a reliable house or pet sitter
- ☐ Notify your home security service
- ☐ Download essential travel apps
- ☐ Prepare your home
- ☐ Research your destination
- ☐ Prepare for lost or stolen cards and devices
- ☐ Pick and purchase travel insurance
- ☐ Keep emergency contacts handy



Checked-bag preparations

- ☐ Double-check the weight
- ☐ Use baggage locks
- ☐ Make your luggage easy to spot
- ☐ Properly pack sharp objects
- ☐ Protect against spills
- ☐ Check sports equipment rules