

# Travel Packing Checklist

from [IntimacyTravel.com](http://IntimacyTravel.com)

## Clothes-Men

- Socks
- Shoes
- Sneakers
- Underwear
- Undershirts
- Shirts
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- Tie
- Pants
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- Shorts
- \_\_\_\_\_
- \_\_\_\_\_
- Sports Jackets
- \_\_\_\_\_
- \_\_\_\_\_
- Suit
- \_\_\_\_\_
- \_\_\_\_\_
- Shoe shine cloth/kit
- Outer Jacket
- Beachwear
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Toiletries & Personal-Care Items

- After-shave
- Anti-bacterial Hand Gel or Wipes
- Athlete's Foot Medication
- Cologne

- Contact Lenses and Cleaners
- Deodorant
- Dental Pick
- Eyeglasses
- Feminine Products
- Floss
- Hair brush
- Hair Gel
- Hair Spray
- Hand /Body lotion
- Magnifying Mirror
- Nail File
- Non-Perishable Snacks
- Perfume
- Powder
- Q-tips
- Razor, Blades/Electric Razor
- Shave Cream
- Slim Magnifying Glass
- Sunglasses
- Suntan Lotion
- Toothbrush/Paste
- Tweezers
- Umbrella/Tote Poncho

## Supplements & Medications

- Aspirin/Tylenol
- Digestive Enzymes or Aides
- Fever blister Abreva or Rx
- First Aid Kit
- L-lycine tablets and lip lotion
- Rx and OTC Meds
- Small Blood Pressure Machine if required
- Thermometer
- Vitamins

## Information Necessities

- Books/Magazines
- Emails and Correspondence from Hotels or other reservations

- Emergency Lost Credit Card  
Phone Numbers
- Emergency Phone Numbers
- Foreign Dictionary/Phrase Book
- Guide Books
- Itinerary
- Maps
- Passports
- Pen/Pencil
- Plane tickets
- Traveler's checks
- Wallet

#### Electronics & Auto

- Blind Spot Mirror for Car
- Camera w extra batteries
- CDs/iPod
- Cell Phones and Charger
- Computer/case
- Converters
- GPS
- Keychain Flashlight
- Transformer/adapters

#### Sleep Aides

- Ear plugs or "Earplanes"
- Travel alarm clock
- Travel Pillows
- Travel soothe sound machine

#### Intimacy

- Candles/Matches
- Oils
- Other accessories
- Protection