

International Travel Packing List

Travel Essentials

- Digital & printed copies of your passport & visa
- Credit/debit cards, cash
- Printed/digital travel itinerary
- [Travel insurance documents](#)
- [Solar power bank](#) (so you never run out of juice)
- [Bluetooth headphones/earbuds](#)
- [Healthy travel snacks](#) (because airport pretzels = sadness)
- [Reusable water bottle with filter](#) (you can never be too careful)
- [TSA-approved toiletry kit](#)
- [Dry shampoo](#) or [travel-sized hair care](#)
- [Lip balm & moisturizer](#) (planes + city air = dry skin)
- [Small first-aid kit](#)
- [PPE kit with face masks & hand wipes](#)
- Medications (Rx + [painkillers](#), [motion sickness meds](#))
- [Undergarments](#) (pack more than you think you need — trust us)
- [Swiss army knife](#) (in check-in baggage)
- [Duct tape](#) (the MacGyver of travel gear)
- [Packing cubes](#) (the unicorn of suitcase organization)
- [Travel laundry detergent sheets](#) (for longer stays)

Packing List for International Travel

- [Universal travel adapter](#)
- [International travel SIM card](#)
- [Language translator or app](#)
- [Currency exchange app](#)
- [Small crossbody anti-theft bag](#)
- Vaccination card + any required meds

Packing Tips for International Travel

- Scan important docs and email them to yourself or store them on your online drive.