

Traveling Cheatsheet

Packing Checklist

- Clothing:
 - Shirts/Tops
 - Pants/Shorts/Skirts
 - Undergarments
 - Socks
 - Sweater/Jacket
 - Pajamas
 - Swimsuit
- Footwear:
 - Walking Shoes/Sneakers
 - Sandals/Flip-flops
 - Dress Shoes/Heels
 - Socks
- Toiletries:
 - Toothbrush/Toothpaste
 - Deodorant
 - Soap/Shampoo/Conditioner
 - Moisturizer
 - Sunscreen
 - Razor/Shaving Cream
 - Feminine Hygiene Products
- Miscellaneous:
 - Phone Charger
 - Camera/Charger
 - Passport/ID
 - Cash/Credit Cards
 - Travel Pillow/Blanket
 - Travel Adapters
 - Earplugs/Headphones
 - Water Bottle
 - Snacks

Planning and Booking

- Research your destination:
 - Culture, customs, and traditions
 - Language and phrases
 - Currency and exchange rate
 - Weather and climate
 - Transportation and accommodation options
 - Attractions and activities
- Book flights and accommodation in advance for better deals
- Consider travel insurance for protection against unexpected events

Budgeting

- Research average costs of:
 - Transportation
 - Accommodation
 - Food and drinks
 - Attractions and activities
 - Shopping and souvenirs
- Set a realistic budget for your trip and stick to it
- Use budgeting apps or spreadsheets to track your expenses

Safety and Health

- Register your trip with your embassy or consulate
- Research any travel warnings or advisories for your destination
- Pack a first aid kit with essentials such as:
 - Band-aids
 - Pain relievers
 - Motion sickness medicine
 - Allergy medicine
- Check if any vaccinations or medications are recommended or required for your destination

Getting Around

- Research transportation options such as:
 - Public transit
 - Taxis and rideshares
 - Car rentals
 - Bicycles and scooters
- Download transportation apps and maps for easy navigation
- Consider purchasing local SIM cards for internet and communication

Local Culture

- Be respectful of local customs and traditions
- Learn a few key phrases in the local language
- Dress appropriately for the culture and climate
- Avoid tourist traps and support local businesses
- Try local cuisine and immerse yourself in the culture

Resources

- [Lonely Planet](#)
- [TripAdvisor](#)
- [Skyscanner](#)
- [Airbnb](#)
- [Kayak](#)
- [XE Currency Converter](#)
- [CDC Travel Health](#)