

TRAVEL ✈️ GUIDE

The Suitcase Essentials



The Essentials

- ☐ Passport
- ☐ Travel insurance documents
- ☐ Tickets or booking confirmations
- ☐ Bank cards and foreign currency



Toiletries & Medication

- ☐ Suncream & Aftersun
- ☐ Toothbrush & Toothpaste
- ☐ Deodorant
- ☐ Moisturiser
- ☐ Hairbrush
- ☐ Make-up (if necessary)
- ☐ Antiseptic cream
- ☐ Paracetamol
- ☐ Plasters
- ☐ Personal medication
- ☐ Mosquito Repellent



Clothing

- ☐ Tops / T-shirts
- ☐ Shorts
- ☐ Trousers
- ☐ Socks
- ☐ Underwear
- ☐ Trainers
- ☐ Flip flops/sandals
- ☐ Jumper / Light Jacket
- ☐ Lightweight evening outfits
- ☐ Sun hat / cap
- ☐ Swimwear
- ☐ Nightwear



Electronics & Accessories

- ☐ Mobile phone/charger
- ☐ Headphones
- ☐ Camera/charger
- ☐ Travel adaptor – check online
- ☐ Sunglasses
- ☐ Reading material
- ☐ Backpack
- ☐ Towel