

# STRESS-FREE HOLIDAY PACKING LIST

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## THE NITTY-GRITTIES

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|--------------------------|---|--------------------------|--------------------------------|
| <input type="checkbox"/> | Passports   | <input type="checkbox"/> | Travel Insurance Documentation |
| <input type="checkbox"/> | Visas   | <input type="checkbox"/> | Travel Vaccines                |
| <input type="checkbox"/> | Medical Aid Details                                 | <input type="checkbox"/> | Emergency Contact List         |
| <input type="checkbox"/> | Chronic Medication (Note the Dosage)                | <input type="checkbox"/> | Currency and/or Credit Card    |
| <input type="checkbox"/> | Medical History: Allergies and/or Health Conditions |                          |                                |

*\*Have your important documents printed and digitally.*

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## TRAVEL BOOKINGS

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|--------------------------|----------------------|--------------------------|---|
| <input type="checkbox"/> | Flight Confirmations | <input type="checkbox"/> | Accommodation Confirmation              |
| <input type="checkbox"/> | Car Rental           | <input type="checkbox"/> | Spare Tyre and/or Repair Kit            |
| <input type="checkbox"/> | Airport Transfers    | <input type="checkbox"/> | Activities/Tour Tickets or Reservations |
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## DID YOU?

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- Notify Your Bank (Especially for Out of the Country Travel)
  - Notify Your Insurer
  - Arrange a Pet Sitter | Kennel
  - Turn Off Home Utilities (If Needed)
  - Empty the Fridge
  - Take Out the Trash
  - Charge Your Devices (Before You Leave on Your Trip)
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## COMMONLY FORGOTTEN ITEMS

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|--------------------------|-----------------------------------|--------------------------|------------------------|
| <input type="checkbox"/> | Chargers for Devices              | <input type="checkbox"/> | Basic First Aid Kit    |
| <input type="checkbox"/> | Adapter Plugs                     | <input type="checkbox"/> | Sunscreen              |
| <input type="checkbox"/> | Glasses                           | <input type="checkbox"/> | Hat and Sunglasses     |
| <input type="checkbox"/> | Contact Lenses, Holder & Solution | <input type="checkbox"/> | Reusable Shopping Bags |
| <input type="checkbox"/> | Prescription Medicine             | <input type="checkbox"/> | Water Bottles          |
| <input type="checkbox"/> | Light Rain Jacket                 | <input type="checkbox"/> | Snacks                 |