

A SMART PACKING LIST: Travel Medicine Cabinet, Cosmetics, and Toiletries

Print and fill out two copies, one to leave at home and one to keep with your important travel papers as a checklist to make sure you repack each item at every stop.

Travel Medicine Cabinet

- ___ antacid
- ___ antibiotic cream/ointment (Neosporin®)
- ___ aspirin, acetaminophen, or ibuprofen
- ___ Band-Aids®, gauze pads, tape
- ___ cold medications
- ___ contact lens supplies
- ___ diarrhea treatment (Imodium® A-D, Lomotil, or Pepto-Bismol®)
- ___ hand sanitizer
- ___ hydrocortisone cream
- ___ insect repellent
- ___ moleskin or 2nd Skin® Sport Blister Pads, or Band-Aid Blister Block Cushions
- ___ motion sickness pills, wristbands (Sea Bands) or patch
- ___ nasal decongestant
- ___ prescriptions and vitamins
- ___ scissors (checked luggage only)
- ___ spare eyeglasses, eyeglass repair kit
- ___ sunscreen
- ___ thermometer
- ___ tweezers

Other

Cosmetics & Toiletries

Dental Supplies

- ___ dental floss
- ___ mouthwash
- ___ toothbrush
- ___ toothpaste

Hair Care

- ___ brush
- ___ comb
- ___ curling or flat iron
- ___ hair dryer
- ___ hair rollers/hot rollers
- ___ shampoo
- ___ conditioner
- ___ hair spray

Shaving Equipment

- ___ after-shave lotion
- ___ electric shaver
- ___ razor and spare blades
- ___ shaving cream
- ___ styptic pencil

Facial Care

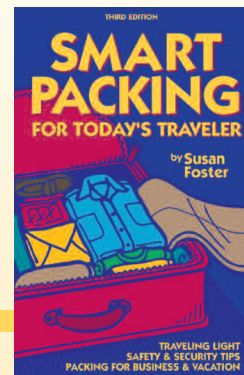
- ___ cleanser
- ___ moisturizer
- ___ toner

Misc.

- ___ anti-bacterial hand cleaner
- ___ body lotion
- ___ cotton swabs, cotton balls
- ___ deodorant
- ___ feminine hygiene products
- ___ insect repellent
- ___ lip balm
- ___ magnifying mirror
- ___ make-up
- ___ perfume
- ___ shower cap
- ___ sunscreen
- ___ talcum or baby powder
- ___ tissue packets
- ___ washcloths and/or towels

Other

Your Complete
Resource for
Hassle-free
Travel



This list and complete packing information for any type of trip is found in *Smart Packing for Today's Traveler*. For more packing lists and travel information please go to www.smartpacking.com

Lighten up!

Frequent travelers speed up packing by keeping a "travel only" toiletries kit ready to go. Some enjoy the adventure of finding toothpaste in Tibet. I prefer to go prepared – what if I need aspirin in the middle of the night? Half the weight of the average suitcase comes from cosmetics and toiletries. Here are tips to have what's needed to lighten up:

- Take only the amount needed for a trip. Buy travel-size containers or transfer a small amount into a tiny travel container.
- Pack double duty products such as moisturizer with sunscreen.
- Replenish used items immediately after returning home to be ready for the next trip!
- Prevent leaking by filling bottles almost full, squeeze to remove air, screw cap on tight.
- Pack anything questionable inside a snack sized zip-top baggie for extra leak insurance.

Stay Healthy!

- Do your best to stay healthy by eating right and getting enough sleep and exercise.
- Colds and diarrhea are the most common travel illnesses so be prepared to fight these with a variety of meds in small sizes.
- Always pack a medical history with your travel documents that includes doctor contact information, health insurance provider, blood type, allergies etc.