

Travel Supplies List

Supply List · 44 items · 7 sections

A complete travel supplies list covering documents, clothing, toiletries, tech, health essentials, and comfort items for any trip.

Open the editable, AI-powered version online:

<https://genechecklist.com/checklist/travel-supplies-list>

DOCUMENTS AND MONEY

- Passport (valid for 6+ months beyond travel dates)
HIGH
- Visa (if required for destination)
HIGH
- Travel insurance documents
HIGH
- Flight and hotel booking confirmations (printed + digital)
HIGH
- Credit and debit cards (notify bank of travel)
HIGH
- Local currency (small bills for tips and taxis)
HIGH
- Neck wallet / money belt
Keep valuables hidden from pickpockets
- Emergency contact list (laminated copy)

BAGS

- Luggage (checked bag, within airline limits)
HIGH
- Carry-on bag or backpack
HIGH
- Day bag or small backpack
- Packing cubes (for organisation)
- Luggage lock

CLOTHING

- Clothing (layered, suitable for destination climate)

HIGH

- Comfortable walking shoes

HIGH

- Flip-flops or sandals

- Waterproof jacket or umbrella

- Swimwear (if applicable)

TOILETRIES

- Toothbrush, toothpaste, and floss

HIGH

- Shampoo and conditioner (travel size)

HIGH

- Body wash or soap

HIGH

- Deodorant

HIGH

- Sunscreen (SPF 30+)

HIGH

- Insect repellent (if tropical destination)

- Razor and shaving supplies

- Feminine hygiene products (if applicable)

HIGH

HEALTH

- Prescription medications (enough for trip + extra)

HIGH

- Pain relievers (paracetamol / ibuprofen)

HIGH

- Anti-diarrhoea tablets

- Travel sickness tablets (if needed)

- Antihistamine tablets

- Rehydration sachets

- Small first aid kit (plasters, antiseptic wipes)

HIGH

ELECTRONICS

- Smartphone (fully charged)
HIGH
- Universal travel adaptor
HIGH
- Portable power bank (charged)
HIGH
- Charging cables for all devices
HIGH
- Headphones or earbuds
- Camera (if not using phone)

COMFORT

- Travel pillow
- Eye mask and earplugs
- Reusable water bottle
HIGH
- Snacks for transit
- Small padlock for hostel lockers