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## ***SUGGESTED TRAVEL CHECKLIST***

### Required Items

- bank and/or credit card
- insurance information
- personal medication (clearly labelled in original container)
- required documentation – valid passport or other ID for U.S.A. when travelling outside Canada – keep it safe, but handy

*If travelling by air these items are in addition to those above*

- travel money belt and money
- airline ticket

### Suggested Items

- suitable clothing – **good walking shoes (2 pairs)**
- cosmetics and toiletries
- all-weather jacket and folding, lightweight umbrella
- travel alarm clock and watch
- sunglasses, sunscreen and hat, if applicable
- itinerary, maps, brochures for reference on trip
- camera and accessories (should be labelled with name, address and telephone number)
- spare batteries for camera, other electronic devices
- travel diary and pen
- reading material
- if staying in a College Residence or Youth Hostel, you may be asked to provide your own towel & face cloth – be prepared
- copy of itinerary and telephone numbers to leave at home with relative or friend
- addresses of those to whom you wish to send a postcard
- small sewing kit
- plastic bags
- medication for motion sickness (Gravol)
- first aid kit
- emergency numbers
- suggest customs card for valuable objects – digital cameras, lap tops, etc
- purchase a local calling card, if needed

**\*\*Do not carry valuable jewellery**

*If travelling overseas...*

- adapter plugs and voltage converter (if you bring a hair dryer, curling iron, electric razor, etc you will need these)
- pocket calculator for exchange conversions