

## Toiletries

body soap / body wash  
comb  
contact lens case  
contact lens solution  
copy of generic prescriptions  
cotton swabs  
dental floss  
deodorant  
eyeglass case  
eyeglass retainer  
face soap  
garbage bag  
hair brush  
hair conditioner  
hair shampoo  
hand lotion  
hat clips / retainers  
laundry detergent  
lip balm  
panty shields  
stain remover  
tampons  
tissues  
toilet seat protectors  
toothbrush  
toothpaste  
vitamins

## First Aid/Illness/Discomfort

antibiotics  
anti-diahrrea medication  
antihistamine  
antiseptic ointment  
artificial tears  
athlete's foot cream  
bandages  
cotton balls  
cough drops  
cough syrup  
decongestant  
hemorrhoidal cream  
hydrocortisone cream  
hydrogen peroxide  
insect repellent  
laxative  
monistat  
muscle pain relief  
pain reliever/fever reducer  
papaya enzyme  
petroleum jelly  
rubbing alcohol  
sore throat spray  
sunblock

### 3-1-1 Bag

body wash  
deodorant  
hair shampoo  
hand lotion  
lip balm  
saline nasal spray  
toothpaste + toothbrush

## Accessible in Transit

**Overnight:** pillow  
**Sea:** seasickness prevention  
**Foreign:** passports + copies  
**Outdoors:** sunglasses

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hand sanitizer towelettes  
handicap tag  
medical devices  
medical records  
pain reliever/fever reducer  
prescription medications  
travel bib

### In Checked Baggage

baby powder  
bottle opener  
corkscrew  
dental pick  
eyeglass repair kit  
fingernail scissors  
multi-tool  
nail clippers  
pocket knife  
razor  
safety pins  
sewing kits  
S-hooks  
tweezers

+

All Liquids, Gels, Creams  
NOT already in 3-1-1 bag

## Kitchen Basics

aluminum foil  
cleanser  
dish towel  
dish wash cloth  
dish washing liquid  
dishwasher detergent  
flashlight and batteries  
flexible cutting board  
garbage bags  
liquid hand soap  
napkins  
paper towels  
pepper  
pot holder  
salt  
scouring pads (non-scratch)  
self-sealing plastic storage bags  
sponge  
table cloth

## Bath/Bed

bath towel  
blankets: electric  
face cloth/mitt  
floor towel  
pillowcases  
pillows  
sheets  
toilet paper

## Kitchen and Picnic Extras

all-purpose soap  
baking soda  
beach umbrella  
bottle neck ring  
candles  
champagne corker  
chip clips  
coffee  
coffee maker  
crab mallets  
crab picker  
crab seasoning  
insulated pitchers  
ladle  
matches  
microwave oven  
microwaveable egg cups  
nitrogen wine storage spray  
nutcrackers  
plastic cups  
plastic plates  
portable picnic table  
rubber spatula  
sauté pan  
spice container(s)  
tea  
utensils (knives, forks, spoons)  
wash cloth  
wine glasses  
wooden spoon  
yogurt cups and lids

# MyGoz2



## Travels

## Downloadable Packing List

<http://mygoz2.com/>

Travel\_Tips/Packing/  
TravelPacking.html