



## Travel essentials

### When you visit warm or hot countries

Do not forget to visit <http://www.planet-drifter.com> for travel tips, reviews and information.

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#### Travel Essentials

- **Passport** (with any necessary visas)
- **Travel Insurance**
- **Flight Tickets / E-tickets**
- **Accommodation Details**
- **Emergency Contacts**
- **Travel Itinerary**

#### Clothing

- **Lightweight Clothing** (T-shirts, tank tops, shorts, sundresses)
- **Swimwear** (bathing suits, cover-ups)
- **Lightweight Jacket or Sweater** (for cooler evenings or air-conditioned places)
- **Comfortable Walking Shoes** (sandals, flip-flops, or sneakers)
- **Hat or Cap** (for sun protection)
- **Sunglasses** (with UV protection)
- **Undergarments** (including socks)

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- **Sleepwear**

### **Toiletries and Personal Care**

- **Sunscreen**
- **Insect Repellent**
- **Shampoo and Conditioner**
- **Body Wash or Soap**
- **Toothbrush and Toothpaste**
- **Deodorant**
- **Moisturizer** (face and body)
- **Hairbrush or Comb**
- **Shaving Supplies**
- **Hand Sanitizer**
- **Travel-sized Laundry Detergent** (if needed)

### **Health and Safety**

- **Prescription Medications** (with copies of prescriptions)
- **Over-the-Counter Medications** (e.g., pain relievers, anti-diarrheal, antihistamines)
- **First Aid Kit** (band-aids, antiseptic wipes, etc.)
- **Vaccination Certificates** (if required for entry)
- **Reusable Water Bottle** (stay hydrated)

### **Electronics and Accessories**

- **Mobile Phone** (and charger)
- **Power Bank** (portable charger)
- **Camera** (if not using your phone for photos)
- **Travel Adapter/Converter** (for plug compatibility)
- **Headphones or Earbuds**

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- **Laptop or Tablet** (if needed)

### **Documents and Money**

- **Wallet** (with local currency and credit/debit cards)
- **Travel Guide or Map** (if desired)
- **Backup Copies** (of passport, visa, and important documents)
- **Emergency Cash** (in local currency)
- **Travel Wallet** (to keep documents organized)

### **Miscellaneous**

- **Beach Towel** (if not provided by accommodation)
- **Reusable Shopping Bag** (for groceries or shopping)
- **Travel Pillow** (for comfort during flights)
- **Notebook and Pen** (for journaling or notes)
- **Snacks** (for the journey or in case of limited food options)

### **Optional Items**

- **Small Umbrella** (for unexpected rain)
- **Travel-size Sewing Kit**
- **Books or E-reader**
- **Travel-sized Games or Entertainment**

### **Pre-Travel Checklist**

- **Check Weather Forecast** (for packing adjustments)
- **Notify Bank** (of travel dates to avoid card issues)
- **Arrange Transportation** (to and from the airport)
- **Confirm Accommodation** (and any special requirements)