

Checklist for Your Next Journey

Clothes

- clothes
- skirts
- trousers/pants
- shirts
- T-shirts
- sweatshirts
- pullover
- blouses
- tops
- jackets
- waterproofs
- evening dress
- sportswear
- nightwear
- underwear
- tights
- socks
- shoes
- sneakers
- sandals
- slippers
- swimsuit
- headgear
- scarf
- belt
- a pair of braces
- gloves

Personal Hygiene

- shower gel
- soap
- cleansing milk
- toner
- face cream
- body lotion
- deodorant
- wet razor
- shaving cream
- after-shave lotion
- electric razor
- foot spray
- toothbrush
- toothpaste
- dental floss
- mouthwash
- shampoo
- hair conditioner
- hairspray
- hair dryer
- comb/hairbrush
- sunblock
- sun protection
- lip care
- after sun product
- make-up accessories
- cotton pads
- perfume
- nail scissors

First Aid Kit

- prescribed medicine
- cold medicine
- antipyretic
- pain-killers
- headache tablets
- cough syrup
- anti-diarrheal med.
- stomach tablets
- plaster
- antiseptic
- healing ointment
- scissors
- tweezers
- safety pins
- disposable gloves
- burn ointment
- sunburn ointment
- sprain ointment
- insect sting gel
- clinical thermometer
- earplugs

Miscellaneous

- mobile phone
- GPS
- Laptop
- MP3-player
- eBook reader
- rechargeable batteries
- recharger cable
- CDs + DVDs
- pack of cards
- towels
- shoe cleaning kit
- iron
- sewing kit
- bottle-opener
- travelling alarm clock
- umbrella
- detergent
- shoehorn
- writing utensils
- personal organizer
- address book
- magazine
- books
- sunglasses
- spare pair of glasses
- provisions for the journey
- neck cushion

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