

# Travel / Packing Tips & Checklists

## Don't Forget to Bring:

- Tickets, Pre-printed boarding pass, or proof of online ticket purchase
- Passport
- Travel Documents provided by KG Imagery
- Prescription medicine; be sure to refill your prescriptions in time to have enough for the entire length of your trip
- Contact lenses, lens case, and extra solutions; extra eyeglasses or lens Rx
- Camera, film (if not digital), cables, extra memory cards, batteries



## Don't Forget to:



- Pay all bills that will come due up to 5 business days after you return. So, if you are returning home on Thursday, May 28<sup>th</sup>, you should pay all bills that are due by Thursday, June 4<sup>th</sup> before leaving on your trip.
- The airlines suggest that you place your name and home address both on the outside and the inside of your luggage. On the other hand, we've also read that you should only use the name and destination address, and not the address of your vacant home. Our best advice is to always comply with airline regulations, and at the same time ensure that your home is safeguarded while you are away, either by people you trust, or via a home security system.

- Remove non-essentials from wallet or purse.
- Record phone numbers for reporting lost or stolen credit cards or debit cards and put them in a location other than your purse or wallet; OR
- Make photocopies, front and back, of every card you will be taking with you on the trip, including your driver's license, insurance & credit cards, membership cards, etc.
- Record emergency phone numbers to leave with neighbors, relative, or pet boarding facilities.
- Arrange for someone to come in and water plants if you will be gone for more than 7 days.
- Arrange for someone to take out and return garbage cans for pickup.

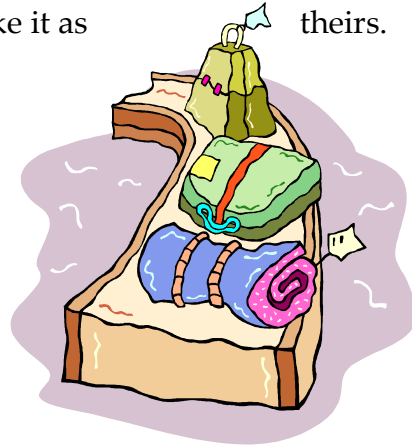


- Arrange for your mail to be held at the post office until you return. This can be done on the internet at [www.usps.com](http://www.usps.com), by phone or at your local post office.
- Run dishwasher the night prior to leaving.
- Discard food that will spoil before you return from your trip.

## Helpful Hints:

- If leaving the country, proof of purchase of expensive camera equipment can avoid customs problems.
- Bring a bag for dirty clothes
- If you plan to bring back souvenirs, leave some room for them in your luggage.
- If a credit card is stolen, you can report it and stop additional charges. If your debit/ATM card is stolen, stopping additional charges can freeze your access to cash. Consider using your credit card when away from home.

- When checking your luggage, make sure you take off shoulder straps or wrap them around so they don't get caught in the luggage conveyor belt.
- Also, identify your luggage in a very obvious way so that it is easy to spot and difficult for someone else to mistake it as theirs.



## What To Pack:

There is always a fine balance you must strike when you pack for overseas travel these days. Excess baggage can add several dollars to your expenses, and it gets even tougher once you're out of the country, where everything, including hotel rooms and transportation, is smaller.

- ◎ Be smart about what you pack. If it's something you can buy while you're there (both the mainland and the island have plenty of pharmacies and shops), then don't pack it. Better to pack fewer clothes and bring packets of Woolite and travel clothes lines so you can wash and re-wear the clothes you do bring.
- ◎ Shoes take up a lot of room and add weight. Bring no more than 3 pair per person, and make sure at least one of them are comfortable walking shoes.
- ◎ Keep all checked bags unlocked; if your bag is selected for random screening, agents will have to break the locks to get inside. Skip the locks to avoid any damage to your luggage and instead use plastic cable ties or TSA locks.



- ◎ Do not over-pack your bag. Screeners will have a difficult time closing your luggage if selected for inspection, which will only lead to wrinkles and the potential for lost articles.
- ◎ Carry all film with you onboard, as some new screening equipment can damage undeveloped film.

- ⊙ Place any packed belongings you don't feel comfortable with strangers handling in clear plastic bags.
- ⊙ Do not stack books and other documents on top of each other within your baggage; spread out such items.

## **Packing Tips**

When packing your clothes, you don't want to neatly fold them individually as you would in a dresser. If you do, they will crease when compressed. Here are a few alternatives:

### **Rolling Your Clothes**

Backpackers swear by this method. Rolling works well with pants, skirts and sports shirts. Lay the item face down, fold back the sleeves and then roll from the bottom up.

### **Fold Clothes Together**

Take two or more garments, for example trousers, and lay half of one pair on top of the other. Fold the one on the bottom over the pair on the top. Then take the other and fold it on the top. This gives each pair some cushion where you've folded it so it's less likely to crease or wrinkle in the folds.

### **Tissue Paper**

For delicate items, try tissue paper. Lay the item face down and place tissue paper on top. Fold it up with the tissue paper inside. Use additional layers of paper as you fold the garment so it is completely wrapped in and around paper. This is easy enough the first time you pack, but becomes a pain if you have to keep repacking. It comes in handy for evening clothes that you don't want crushed.



## Checklists

The following checklists include many more things than any one person would need to bring, and are meant only to serve as reminders:



### Toiletries

Standard (toothbrush, toothpaste, floss, shampoo, conditioner, soap, razor, shaving cream, deodorant, comb, q-tips, hair gel/spray, tampons/pads)

Vitamins

Birth control

Tums / Pepcid AC /Ammonium AD/Gas-X



Ibuprofen

First aid kit

Neosporin

Allergy medicine

Body lotion

Sun screen

Makeup (face lotion, foundation, powder, mascara, lipstick/pencil)

Vision (glasses, contacts, case, solution, eye drops)

Laundry kit packet: Woolite, clothesline, Universal sink stopper

### Camera

Camera

Film

Waterproof camera

Digital camera and batteries and cord

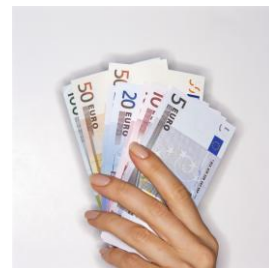
### Currency

Cash (can convert US Dollars to Euros at several locations)

Credit cards

ATM cards

Money belt/Pouch



## Beach/Pool

Swimsuits

Beach towel (the resort in Lesvos provides these)

Sarong, wrap, pareo

Sunglasses

Sun block

Aloe vera

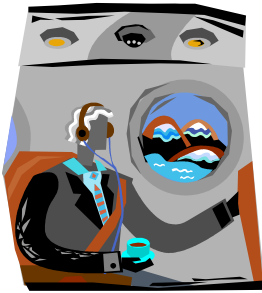
Mosquito repellent

Flip flops

Tote bag

Watch (waterproof)

## Miscellaneous



Earplugs & Eyeshades

Headphones for airplane

Pen / paper

Calculator

Weightlifting gloves and straps

Garbage bags

Laptop computer and power cord (for digital pictures and music)

Napkins, wet wipes

Inflatable pillow

Travel alarm clock

Fanny pack/Day pack

Ziploc bags

Small flashlight & batteries

Travel umbrella & raincoat

Binoculars

Hat

## To Pass the Time

Books

Magazines

Deck of cards, Uno, dominoes, dice, etc.

CDs / music / audio books



## Reference

Maps, guidebooks  
Hotel address and phone #  
Palm Pilot

## Snacks

Protein bars  
Granola bars  
Crackers



## International Travel

Passport & 2 photocopies (leave 1 at home)  
Foreign language dictionary

## Fun & Smart Travel Tips

- ✓ Use a drinking straw to keep necklaces from tangling by threading one end of the necklace through the straw and securing the clasp.
- ✓ By peeling back the paper or plastic on a twist tie, you can use the wire to secure a loose button or pin, fix a broken hair clip, or temporarily replace a screw in your sunglasses.
- ✓ Use clips that come on bread bags or on new shirts to use as clothes pins when you do laundry in your hotel room.
- ✓ Group toiletries into separate Ziploc bags...dental, make-up, hair, ointments & bandages, etc.
- ✓ Relax and don't worry...check the "Don't Forget To Bring:" at the beginning of this document...the rest is usually easily replaced.