

traveller's checklist

When it comes to packing to go on holiday, we are a nation of forgetful travellers according to recent research. To help make packing for your holiday as hassle-free as possible, use the checklist below and ensure that you don't leave any vital items at home.

hand baggage

- Camera
- camera film
- car hire details
- credit cards
- details and directions of your destination
- foreign currency / travellers cheques
- jewellery
- keys
- medication
- mobile phone
- passport / travel documents
- personal CD / tape player
- spectacles
- travel insurance
- wallet / purse

checked in baggage

- adapter plug
- address book
- alarm clock
- beach towels
- books
- cds / cassette tapes
- children's toys
- clothes
- cosmetics
- earplugs
- emergency contact numbers – home and abroad
- first aid kit
- guide books / maps
- insect repellent
- mobile phone charger
- nightwear
- shoes
- spare batteries
- sun glasses
- sun hat
- sun tan lotion
- toiletries

Top ten tips

1. Make a list of everything that you need to take with you (using the above list as a starting point as this is not a comprehensive list).
2. Make sure all your travel documents are valid.
3. Ensure you have the required travel documents and make sure you don't pack them. **Keep them safe!**
4. Start thinking about your packing a week before you travel. Don't leave it until the last minute!
5. Mark your luggage so it's easily recognisable to you.
6. Do not put your full address details on your luggage. Burglars will be interested to know where you live.
7. Remember to take any regular medication.
8. Make sure that your pets are cared for when you go away.
9. Make sure your house is secure when you go away and give a spare key to neighbours in case of an emergency.
10. Leave your holiday contact details with a neighbour and take emergency numbers with you.