



PLAN, CHECK & TRAVEL

Use this checklist to organize the documents, money, health information, technology, reservations, and personal items you may need for international travel. Review destination-specific requirements well before departure.

Traveler: _____ Destination: _____ Departure: _____

International Travel Checklist

DOCUMENTS & TRIP BASICS

Begin with the items that could prevent or delay your trip if they are missing.

PASSPORT & IDENTIFICATION

- ☐ Passport is valid for the required period beyond travel dates
- ☐ Passport has enough blank pages when required
- ☐ Passport name matches airline and reservation records
- ☐ REAL ID or other backup identification packed when useful
- ☐ Copies of passport photo page stored separately
- ☐ Secure digital passport copy saved

ENTRY REQUIREMENTS

- ☐ Visa requirements reviewed
- ☐ Electronic travel authorization completed when required
- ☐ Arrival or entry forms completed when available
- ☐ Proof of onward or return travel available
- ☐ Health or vaccination documentation reviewed
- ☐ Destination-specific rules checked before departure

TRAVEL CONFIRMATIONS

- ☐ Airline reservation and flight details
- ☐ Hotel confirmations
- ☐ Cruise or tour documents
- ☐ Airport transfer or ground transportation confirmations
- ☐ Excursion and activity reservations
- ☐ Travel advisor contact information

MONEY & PAYMENTS

- ☐ Primary credit card
- ☐ Backup credit or debit card
- ☐ Small amount of destination currency when useful
- ☐ Bank or card travel notifications completed if needed
- ☐ PINs known for cards that may require them
- ☐ Emergency cash stored separately

AIR & GROUND TRANSPORTATION

- ☐ Airline app downloaded and updated
- ☐ Online check-in completed when available
- ☐ Seat assignments reviewed
- ☐ Baggage allowances checked
- ☐ Airport arrival and transfer plan confirmed
- ☐ Train, ferry, rental car, or local transit plans saved

KEEP ORIGINALS SECURE

Carry passports, critical medications, payment cards, and essential travel documents with you rather than in checked baggage. Keep backup copies separate from the originals and protect digital copies with a secure password or trusted cloud storage.

International Travel Checklist

HEALTH, TECHNOLOGY & PACKING

HEALTH & MEDICATIONS

- ☐ Prescription medications in carry-on
- ☐ Enough medication for the trip plus a small extra supply
- ☐ Medication list with names and dosages
- ☐ Doctor or pharmacy information available
- ☐ Destination health guidance reviewed
- ☐ Basic first-aid and personal over-the-counter medications

TECHNOLOGY & CONNECTIVITY

- ☐ Mobile phone and charging cable
- ☐ Portable battery pack
- ☐ International power adapter
- ☐ Voltage needs reviewed for personal devices
- ☐ International phone or roaming plan reviewed
- ☐ Offline maps or destination information downloaded

SECURITY & BACKUPS

- ☐ Important documents backed up securely
- ☐ Emergency contacts saved offline
- ☐ Phone screen lock and account security enabled
- ☐ Wallet contents minimized before departure
- ☐ Valuables assigned to carry-on
- ☐ Home arrangements and emergency contacts confirmed

CLOTHING & WEATHER

- ☐ Destination weather reviewed
- ☐ Comfortable walking shoes
- ☐ Layering pieces or jacket
- ☐ Destination-appropriate clothing
- ☐ Swimwear or activity-specific clothing
- ☐ Dressier outfit if required by itinerary

PERSONAL ESSENTIALS

- ☐ Toiletries and grooming items
- ☐ Sunscreen and sunglasses
- ☐ Glasses or contact-lens supplies
- ☐ Refillable water bottle
- ☐ Small day bag or secure crossbody bag
- ☐ Laundry or wet-clothing bag

LONG FLIGHT & CARRY-ON

- ☐ Passport and travel documents
- ☐ Medications
- ☐ Headphones or earbuds
- ☐ Reading or downloaded entertainment
- ☐ Comfort items for the flight
- ☐ Change of clothing and basic toiletries

Final International Travel Review

BE READY BEFORE DEPARTURE

24-48 HOURS BEFORE DEPARTURE

- ☐ Flight schedule and terminal information rechecked
- ☐ Airline check-in completed when available
- ☐ Passport and wallet placed in carry-on
- ☐ All reservation confirmations accessible offline
- ☐ Weather checked one final time
- ☐ Transportation to the airport confirmed

BEFORE LEAVING HOME

- ☐ Phones and portable batteries fully charged
- ☐ Luggage tags attached
- ☐ Checked bags weighed if necessary
- ☐ Home, pets, mail, and deliveries handled
- ☐ Emergency contacts know itinerary basics
- ☐ Critical documents and medications physically confirmed

OUR FAMILY TRAVEL TIP

International travel requirements can change. Review your destination's current passport, entry, health, and documentation rules during planning and again shortly before departure. Give yourself enough time to correct problems before travel day.

TRIP NOTES
