

- **Clothes**
- Shirts / Blouses
- T-shirts
- Shorts
- Trousers
- Skirts / Dresses / Sarong
- Smart casual outfit / Jacket & Tie
- Underwear / Socks / Stockings
- Shoes / Trainers / Beach sandals
- Hat / Cap / Scarf
- Swim wear
- Beach towel / Towels
- Sweater
- Sweatshirt & sweatpants
- Jacket / Waterproof jacket


- **Other Useful Items**
- Rucksack / Backpack
- Inflatable neck support
- Ear plugs\* / Sleep mask\*
- Can opener (without sharp points)
- Bottle opener (No corkscrew!)
- Padlock
- Pens / Notebook
- Playing cards / Travel games
- Frisbee / Beach games
- Games for the kids to play
- Books (paperback) / Magazines
- Umbrella (folding)
- Plastic bags (e.g. for dirty laundry)
- Address book / Labels
- Sewing kit

\*Check with airline first as many provide these items free of charge

- **Documentation**
- Passport / Driving licence
- Tickets / Visas
- Travel insurance documents / E111
- Traveller's cheques / Currency / Credit cards
- **Packing Your Daytrip Rucksack**
- Credit card holder
- 1 credit card / Money for the day \*
- Waterproof money belt if you are holidaying near water)
- Glasses / Sunglasses
- Prescription medicine
- Local bus & train timetables
- Guide Book / Map (purchase these locally — they'll be more current!)
- Phrasebook
- Sun screen

\*When changing Traveller's Cheques, it is safer to do so in a well-lit location with plenty of people about.

- **Toiletry Bag**
- Toothbrush / Toothpaste
- Mouthwash / Dental floss
- Shaving kit (disposable)
- Makeup (& remover)
- Mirror
- Shampoo / Conditioner
- Sun tan cream (including high factor for children)
- Aftersun cream/ Moisturiser
- Contact lenses / Solutions
- Feminine hygiene items
- Hairbrush / Comb / Hairspray
- Deodorant / Perfume
- Nail clippers / Tweezers
- Condoms
- Lip balm
- Tissues / Wet wipes / Toilet roll



**TravellersSOS  
Pocket Docket**

**Packing List**

Version 1.4  
08/2001

Your free TravellersSOS Pocket Docket is here to help you to plan your holiday. It contains some handy hints and tips you may find useful

We've put it in an easy to download Adobe PDF format. To print these easy-to-use booklets and the simple folding instruction, just visit our website:  
<<http://www.travellerssos.co.uk/policyholderresources/>>

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- **Music / Entertainment**
- Walkman / Radio / Minispeakers
- CDs / Mini-discs / Tapes
- MP3 Player
- Gameboy (games & accessories)
- **Camera / Camcorder**
- Camcorder
- Camera: Compact / SLR / Digital
- Disposable / Waterproof camera
- Film / Digital film / Digital tapes
- Lenses / Filters / Flash gun
- Charger / Extra battery & memory
- Storage bag / Tripod
- **If You Can't Leave the Office....**
- Palm pilot
- Mobile phone & charger
- Laptop / Notebook & charger

- **First Aid Kit**
- Prescription medicines
- Insect repellent
- Bite / Sting / Antiseptic creams
- Anti-histamines
- Sticking plaster (Waterproof)
- Paracetamol / Aspirin
- Travel sickness tablets / bands
- Water purification tablets
- Diarrhoea tablets
- **Electrical Items**
- Travel adapter plug
- Travel alarm clock / Watch
- Torch
- Hair dryer
- Batteries
- Travel iron