

- Passport []
- Visa (if required) []
- Travel Tickets (Flight/Train/Bus) []
- Accommodation Reservation []
- Travel Insurance []
- Itinerary []
- Currency []
- Travel Documents []
- Emergency Contact Information []
- Local Emergency Numbers []
- Medical Insurance Information []
- Personal Identification Copies []
- Medications []
- First Aid Kit []
- Toiletries []
- Clothing []
- Comfortable Shoes []
- Scarf or Shawl (for modesty/cold) []
- Sunglasses []
- Sunscreen []
- Hat []
- Hand Sanitizer []
- Reusable Water Bottle []
- Snacks/Granola bars []
- Travel Guides/Maps []
- Language Translation Tools []
- Portable Charger/Power Bank []
- Adapter for Electronics []
- Entertainment (Books, Music) []
- Travel Pillow []

- Earplugs/Noise-canceling Headphones []
- Locks for Luggage []
- Portable Door Lock []
- Spare Batteries []
- Hygiene Products []
- Reusable Menstrual Products []
- Safety Whistle []
- Personal Alarm []
- Pepper Spray/Mace []
- Self-defense Training []
- Handheld Flashlight []
- Travel Apps (Maps, language, safety) []
- Research Local Customs []
- Stay Connected (Wi-Fi/Cellular) []
- Offline Maps []
- Confirm Transportation Options []
- Check the Weather Forecast []
- Notify Family/Friends of Plans []
- Notify Accommodation of Arrival Time []

EXTRA SAFE

- Maintain Situational Awareness []
- Avoid Traveling Alone at Night []
- Stay in well-lit areas []
- Avoid Excessive Alcohol []
- Stay Informed of Local News []
- Trustworthy Taxi Services []
- Be Confident and Assertive []

May your journey be free from stress and bring you home safely :)