

*Bowsing Nom Nom's*

# TRAVEL PACKING LIST

## BACKPACK

### ELECTRONICS

- ☐ phone
- ☐ chargers
- ☐ battery pack
- ☐ earphones
- ☐ e-reader
- ☐ +/- computer
- ☐ +/- camera

### WALLET

- ☐ cash
- ☐ credit cards (2)
- ☐ debit card
- ☐ passport
- ☐ travel insurance card/information
- ☐ health card
- ☐ +/- Trusted Traveler Program card\*
- ☐ +/- driver's license and permit\*
- ☐ +/- transit pass

### LIQUIDS

- ☐ toothpaste
- ☐ mouthwash
- ☐ facial cleanser
- ☐ day moisturizer with SPF
- ☐ night cream
- ☐ hand/body cream
- ☐ toner
- ☐ +/- eye makeup remover
- ☐ +/- hair styling products
- ☐ +/- body wash, shampoo, conditioner
- ☐ +/- sunscreen
- ☐ +/- mosquito repellent

### MISCELLANEOUS

- ☐ pens
- ☐ locks
- ☐ medications (prescription, anti-nauseant, anti-diarrheal, antacid, antihistamine, pain/fever relief, melatonin, bandages, +/-antibiotic\*)
- ☐ lip balm
- ☐ tissue
- ☐ water bottle
- ☐ travel slippers

\*See blog post for details

[www.bowsingnomnoms.com](http://www.bowsingnomnoms.com)