

Stress-Free Travel CHECKLIST

Planning Prep

- Check Passport for Expiration Date
- Print Copies of Reservations, Boarding Passes & Any Important Documents
- Prep Your House for Travel (See the Final Check section for detailed suggestions.)
- Begin Packing 1 Week in Advance: Inventory Essentials & Create a Shopping List
- Look Into Travel Insurance
- Exchange Enough Currency to Cover Airport Transfer and One Day of Travel
- Share Your Itinerary & Flight Details with Friends & Family
- (US Travelers) Register Your Trip With the STEP Program In Case of Emergencies
- Hold Mail for Long Trips

Pack Like a Pro



- Create or Print a Packing List
- Organize with Packing Cubes
- Review Suitcase Size & Weight Limits On Your Airline
- Bring a Portable Charger in Your Carry-On
- Keep All Valuables, as well as things like Prescriptions, in Your Carry-On
- Review TSA Guidelines for What You Can Bring & In What Suitcase

Stress-Free Travel

The Final Check

- Check Luggage Tags for Correct Info & Do a Final Suitcase Weigh-In
- Check All Doors and Windows are Locked & Plugs are Removed from Outlets
- Leave a Few Scattered Lights On So Your Home Is Not Completely Dark
- Pack Suitcases in Cars In The Garage Or With The Trunk Facing The Garage
- Ensure Must-Need Documents are Easy-To-Reach (IDs, Boarding Passes, etc.)

Day of Travel

- Get to Bed Early the Night Before
- Dress Smartly: Utilize Layers, Abandon Accessories, Consider Slip-On Shoes
- Consider Purchasing TSA PreCheck or Clear to Speed Through Security
- Consider Purchasing Lounge Access For A Quiet Place to Relax
- Create a Travel Survival Kit: Comfort Items, Headphones, Pillows, etc.

Arrive & Enjoy

- Have Your Accommodation Address Printed
- Journal to Stay in the Moment
- Find Moments for Spontaneity in Your Itinerary

