

PRE-DEPARTURE CHECKLIST

TECH

Phone	☐	☐
Phone charger	☐	☐
Powerbank	☐	☐
Laptop	☐	☐
Laptop charger	☐	☐
Earbuds	☐	☐

ESSENTIALS

Wallet	☐	☐
Cash	☐	☐
Cards	☐	☐

KEYS - CAR

ID/Passport	☐	☐
Papers	☐	☐

PERSONAL

Watch	☐	☐
Jewelry	☐	☐
Glasses	☐	☐

COMFORT

Water	☐	☐
Food	☐	☐
Snacks	☐	☐
Clopes	☐	☐
Briquet	☐	☐
Mint mouth	☐	☐

HYGIENE & HEALTH

Tissues	☐	☐
Sanitizer	☐	☐
Sanitary pads	☐	☐
Medications	☐	☐
Deodorant	☐	☐
Sunscreen	☐	☐
Lip balm	☐	☐

WEATHER

Umbrella	☐	☐
Jacket	☐	☐
Sunglasses	☐	☐
Scarf	☐	☐

TRIP/OVERNIGHT

Toiletries bag	☐	☐
Toothbrush/paste	☐	☐
Shower essentials	☐	☐
Clothes change	☐	☐
Underwear	☐	☐
Socks	☐	☐
Pajamas	☐	☐
Towel	☐	☐

WORK

Notebook	☐	☐
Pens	☐	☐
USB	☐	☐

SOCIAL/DATE

Gift	☐	☐
Perfume	☐	☐

MENTAL PREP

Mood check	☐	☐
Destination OK	☐	☐
Transport OK	☐	☐
Timing clear	☐	☐
Intentions set	☐	☐

A = Alexis | T = Tingting