

International Travel Packing Checklist

A practical basic checklist for U.S. travelers preparing to go abroad.

PLAN EARLY. PACK SMART. TRAVEL WITH FEWER SURPRISES.

Documents and money

- Passport checked for destination-specific validity and blank-page requirements
- Visa or electronic travel authorization, if required
- Flight, lodging and ground-transport confirmations
- Travel insurance details and emergency assistance number
- Copies of passport and important documents stored separately
- Payment cards, some local currency and bank travel notifications
- Emergency contacts and U.S. embassy or consulate information

Carry-on essentials

- Phone, charging cable and destination-compatible adapter
- Prescription medicines in original labeled containers
- One change of clothing and basic toiletries
- Liquids prepared under current airport security rules
- Glasses, contacts and essential medical items
- Valuables, electronics and travel documents
- Empty reusable water bottle

Before leaving home

- Confirm airline baggage limits
- Check destination entry rules and travel advisory
- Check destination health recommendations
- Download offline maps and airline apps
- Arrange mail, pets, plants and home security
- Share itinerary with a trusted contact

Important: Entry, health, airline and security requirements can change. Verify every destination and airline requirement shortly before departure.

Clothing basics

- Comfortable walking shoes
- Destination-appropriate tops and bottoms
- Underwear and sleepwear
- Light layer or sweater
- Rain protection
- Swimwear or activity-specific clothing
- Small laundry bag

Personal and health items

- Toothbrush and toothpaste
- Sunscreen and insect repellent as appropriate
- Personal hygiene items
- Small first-aid supplies
- Copies of prescriptions
- Destination-specific health items recommended by a professional

Final 24-hour check

- Complete online check-in when available
- Charge devices and power bank
- Confirm airport transport and departure terminal
- Check weather and disruptions
- Place passport, wallet and phone together
- Weigh luggage and attach identification
- Set home lights, locks and thermostat
- Tell a trusted person how to reach you

Want a more complete plan? The International Travel Preparation Workbook adds trip planning, baggage strategy, document records, health preparation, emergency details and reusable packing worksheets.

Get The Complete Work Book Here

Official resources: travel.state.gov | tsa.gov | cdc.gov/travel | cbp.gov/travel

Educational planning aid only. It does not replace official government, airline, medical, legal or insurance guidance.