



B FOR BAG

YOUR COMPLETE GUIDE TO PACKING



For more information visit: [www.bforbag.com](http://www.bforbag.com)

## About B For Bag

**B For Bag** is a travel advice website offering practical travel tips. Our focus is on four key areas: Plan your perfect trip, Find your perfect trip, Travel accessories, and Practical travel tips.

We also offer advice and reviews on travel related products that can enhance your travel experience further. All the content on our website is unique and written by us.

We at **B For Bag** are very passionate about travelling and we like to share our travel experience with you. We encourage you to visit our website [www.bforbag.com](http://www.bforbag.com) for further information and travel advice.

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**B For Bag Packing Guide** offers practical packing tips and advice about:

- **What To Pack** - What you must have in mind when choosing clothes, toiletries and gadgets to pack for your trip
- **How To Pack It** - Explains the different packing luggage methods and how they work in practice

This guide also offers various printable **Packing Checklists**, i.e. for different travel needs.

## 1. What To Pack

Airlines are getting stricter about luggage allowances all the time. They are not only charging higher fees for overweight, increased number of airlines are starting to charge separately for all check-in luggage.

**Travelling light** has never been more appealing. Not only makes it travelling easier in many respects, it can also save you money in check-in fees.

Travelling light is though not always an option. Nor is it necessarily what you want. You might want to take a little bit more with you than is strictly necessary.

Maybe you can do without the second formal wear but you want to take both... just in case you changed your mind. Or you might want to bring few items of luxury with you... you could live without them but you do not want to.

The best packing advice is to start with the **items you know you will need** - packing checklists are helpful with this. If you have free space / weight allowance left then you can use it for your optional extras / luxury items.

### 1.1 Which Clothes To Pack

The climate at your destination, what you will be doing when you get there and the length of your trip will determine which clothes to pack.

You will have to pack very differently if you are going to Brazil or Iceland, or if you are going on a skiing trip or romantic city break. While the length of your journey is fundamental in how much clothes you need to pack.

On shorter trips, you might want to pack enough to last you throughout your trip, i.e. without having to do any laundry. You should be able to fit into one suitcase enough clothes to last you for 2 - 3 weeks.

For longer journeys, you will have to fit in some laundry on the way, fortunately that is usually not that difficult.

Few practical things to have in mind when choosing which clothes to pack for your trip:

**Lightweight clothes** are ideal for travelling. The lighter the clothes are, the more you can pack. Did you know that average jeans weigh about 750 grams (26.5 oz) while lightweight travel trousers can weigh as little as 285 grams (10 oz).

**Wearing layers** is the best way to deal with variations in temperature. Layers give you more flexibility, as you can add or remove clothes as needed. There are excellent technical layering clothes available that are lighter and take less space in a suitcase than heavy coats or pullovers.

Wrinkled clothes are constant concern of travelers. The packing method you use can help **minimize wrinkling** but the fabric in your clothes is also important. To test the fabric take it in your hand, squeeze hard, and see how quickly the fabric “bounces” back. Only pack clothes in fabric that bounces back.

Clothes that **dry quickly** are always good idea. Especially if you will be doing your own washing and must count on everything being dry the following morning.

**Reversible clothes** can double your clothing choices without increasing your luggage weight too much. This is especially useful on longer journeys when you might get bored with the limited choice of different outfits.

You can also get more different outfits from fewer items of clothes if you pack clothes in **few colors that mix**.

Modern travel clothes tend to be lightweight, wrinkle resistant and dry quickly, making them ideal for travelling.

## 1.2 Which Toiletries To Pack

You should minimize toiletries as much as you can, as they can be surprisingly heavy when all added together. Typical toiletries, i.e. shampoo, conditioner, perfume bottle, deodorant, toothpaste, etc, can easily weigh up to 2.5 kilos, or 88.2 oz.

You should aim to take only **the amount of toiletries that you will need** to last you through your trip as it does not make sense to be bringing back unused toiletries. Instead of packing full new shampoo container just put the amount you need (and little bit more) into a smaller container. Take half a tube of toothpaste and roll it up tight, etc.

Consider **not bringing some toiletries at all**, i.e. those that you will not necessarily need. You might for example bring your hair conditioner but leave your deep hair conditioner at home... with the electronic toothbrush.

Another option is to **buy what you need at your destination**. It might even be cheaper... depending on your destination. However, some destinations might not have available the products you are used to, or they might be more expensive.

Always place all toiletries in plastic bags to prevent leakage. Leaked perfume bottle or shampoo container could easily ruin your favorite garment – it is not worth risking it.

### 1.3 Which Gadgets To Pack

Electronic gadgets, like mobile phones, laptops, iPad, GPS equipment, DVD player, e-book readers, digital cameras, etc, have quickly become part of everyday necessities.

These gadgets tend to be **expensive** so losing them might have big financial impact. They also come with all kind of cables and different charges that all adds to the luggage... making travelling light even more of a challenge. Electronic gadgets are also **vulnerable to damage** so you must be careful how you pack them.

Ask yourself carefully **which gadgets you need for your trip**, i.e. which gadgets will make your travel more efficient and enjoyably.

Also, ask yourself if you are willing to risk losing a particular gadget and if not... make sure your **insurance** covers you adequately.

There is also other travel gear to consider, some of it can be necessary depending on the purpose of your journey. Going on a golfing vacation means that you are likely to bring your golf set with you, while hiking shoes and walking poles are essential if you are going on a hiking holiday.

This means you will have to be travelling lighter on other fronts, i.e. be extra vigilant when packing your clothes and electronic gadgets. You might want to consider renting the necessary travel gear at your destination, this is for example common practice on skiing holidays. You can also rent many electronic gadgets as well, e.g. cell phones and GPS equipment.

#### What To Pack It In

Now you have decided what to pack, do you have the [Right Luggage](#) to pack it in? B For Bag offers advice on how to choose the right luggage that suits your travel needs.

## 2. How To Pack Your Bags

Even more importantly than what to pack is how to pack. Whatever packing method you choose, it is all about making the most of the limited space available, i.e. to fill all space as efficiently as possible.

There are three key packing methods: folding method, rolling method, and bundle wrapping.

### 2.1 The Folding Packing Method

The most traditional way to pack is by folding the clothes, similar as you do when you are putting your clothes in your wardrobe. This will though make the clothes crease when compressed so there better packing methods available.

However, if you prefer folding your clothes when packing then you can **reduce creases** notably by folding one item over another.

Take two or more items of clothes, like trousers, and lay half of one pair on top of the other. Fold the one on the bottom over the one on the top. Then take the other and fold it on the top. This gives each pair some support where you have folded it, making them less likely to crease or wrinkle in the folds.



### 2.2 The Rolling Packing Method

Clothes are less likely to crease if you roll them rather than fold them. They also take less space this way.

Rolling works well with most clothes. Lay each item of clothes face down, fold back the sleeves if applicable, and then roll from the bottom up. You can put a rubber band around them to make sure they stay rolled up.





### 2.3 The Bundle Wrapping Packing Method

The best way to pack your bags is to use the bundle wrapping method. As the name suggests bundle wrapping involves wrapping your clothes around a central core object, avoiding the folds that cause creases.

Not only do your clothes come out of your bag less wrinkled, you can also pack more clothes using this method than with the other more conventional packing methods.

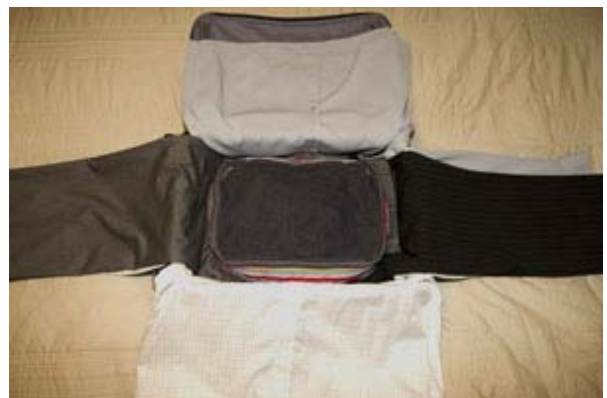
The bundle wrapping method is a little more complicated than the previous packing methods and it can take some practice to get perfect. It is though not as complicated as it might look at first glance. Just **follow the 10 steps** for bundle wrapping:

1. Gather together all the clothes you are taking before you start packing as adding clothes afterwards can mean you have to start all over again
2. Arrange the clothes so the larger more wrinkle prone garments will end up on the outside of the bundle and the less easily wrinkled pieces closer to the core
3. Lay the first item flat in the suitcase without folding
4. When you have neatly arranged this item flat put the next item on top of it, put it in the opposite direction from the first item
5. Allow sleeves, pant legs, skirt lengths to hang over the edges as you stack more and more clothes
6. Make sure that collars and waistbands touch the suitcase edge as this enables more items to fit into the bundle
7. Select an object to form the core of the bundle. An organizer pouch e.g. Packing Cube with your underwear, socks, bathing suits and other small loose items is a logical choice
8. Put your chosen core object on top of the pile of clothes you have stacked
9. Now you start wrapping up your bundle. Start with the last item you placed, neatly wrap the ends of that item across the core bag on top of the pile. Wrap sleeves, pant legs, skirts lengths over you core and work your way down to the bottom of your stack
10. Now place your remaining luggage items, like shoes, around the perimeter of the bundle

What you will end up with is a bundle of all of your clothes that looks like a pillow. You can pick it up in one piece.



When you arrive at your destination, you work in reverse order to unpack your wardrobe. To find specific item in the bundle, lay it flat and unwrap until you reach the layer you want. Take the item out and refold the remainder.





### Luggage **B For Bag**

There are many different [Types of Luggage](#) available. There are suitcases, trunks, trolley cases, spinner luggage, roller cases, garment carriers, totes, duffel bags, mobile offices, etc.

**B For Bag** offers advice on how to choose the right luggage for your travel needs.

### 3. Packing Checklists

#### 3.1 General Packing Checklist

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3.2 Packing Checklist For Babies

<b>Baby Travel Packing Checklist</b>		
BforBag.com		
<b>Travel Documents</b>	<b>Check-In Luggage</b>	
Travel tickets Passport and visa Medical card Travel insurance policy International vaccination card Photocopy of all travel documents Copy of doctor's prescriptions Medical history / list of medications Your doctors (at home) phone number Emergency contact information _____ _____ _____ _____ _____ _____ _____ _____ _____ _____	Additional supplies of the cabin luggage items Baby food supplies and appropriate utensils Portable sterilizer Breast pump Appropriate clothes (1-2 outfits per day) Pajamas Baby socks, shoes and underwear Sun hat and sunscreen (SPF 30 or higher) Swimwear (UV protected) and swim nappies More baby toys and spare pacifier Baby toiletries, i.e. creams, soap, cotton pads, etc. Inflatable baby bathtub Travel cot Baby carrier / sling Lightweight collapsible stroller with parasol Listening monitor <u>Nightlight</u> _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____	<div style="display: flex; align-items: center;"> <div style="border: 1px solid black; width: 10px; height: 100%;"></div> <div style="border: 1px solid black; width: 100%; height: 100%;"></div> </div>
<b>Cabin Luggage</b>	Child safety seat Nappies and nappy cream Fold up or disposable changing mat Wipes (for baby) Antibacterial hand wipes (for you) Resealable plastic bags Blanket Spare baby clothes (and t-shirt for you) Baby food Portable baby food warmer Pre-sterilized bottles Pacifier Age appropriate toys for babies <u>Babies medication</u> _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____	<div style="display: flex; align-items: center;"> <div style="border: 1px solid black; width: 10px; height: 100%;"></div> <div style="border: 1px solid black; width: 100%; height: 100%;"></div> </div>
	<b>First Aid Kit</b>	Baby paracetamol / ibuprofen Digital thermometer Teething gels (if applicable) <u>Other OTC medicine you normally use</u> _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____



### 3.3 Packing Checklist For Toddlers

Toddlers Packing List For Travel	
<a href="http://BforBag.com">BforBag.com</a>	
Travel Documents	Check-In Luggage
Travel tickets	Additional supplies of the hand luggage items
Passport and visa	Appropriate clothes for destination climate
Medical card	Pajamas
Travel insurance policy	Socks, shoes and underwear
International vaccination card	Sun hat and sunscreen (SPF 30 or higher)
Photocopy of all travel documents	Swimwear (UV protected) and swim nappies
Copy of doctor's prescriptions	More toys, books and spare pacifier
Medical history / list of medications	Toddlers toiletries
Your doctors (at home) phone number	Potty
Emergency contact information	Portable crib
_____	Portable highchair
_____	Lightweight collapsible stroller with parasol
_____	Listening monitor
_____	Portable nightlight
_____	Socket protectors
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
Hand Luggage	First Aid Kit
Child safety seat	Baby paracetamol / ibuprofen
Arm band / ID bracelet	Digital thermometer
Nappies and nappy cream	Other OTC medicine you normally use
Fold up or disposable changing map	_____
Resealable plastic bags	_____
Wipes (for your baby)	_____
Antibacterial hand wipes (for you)	_____
Some spare clothes (think layers)	_____
Food, snack and drinks (more than less)	_____
Lightweight plastic feeding set with utensils	_____
Pacifier	_____
Age appropriate toys and books	_____
Comfort object	_____
Blanket	_____
Medication	_____
_____	_____
_____	_____
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### 3.6 Packing Checklist For Business Travelers

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### 3.8 Packing Checklist For Alaska Cruise Travelers

Alaska Cruise Packing List	
BforBag.com	
Travel Documents & Money	Toiletries & Health
<ul style="list-style-type: none"> <li>Travel tickets, itinerary, booking confirmations <input type="checkbox"/></li> <li>Passport and visa <input type="checkbox"/></li> <li>Travel insurance policy <input type="checkbox"/></li> <li>Medical card <input type="checkbox"/></li> <li>Driving license <input type="checkbox"/></li> <li>Maps, directions <input type="checkbox"/></li> <li>Travel money / payment cards <input type="checkbox"/></li> <li>Wallet / Money belt <input type="checkbox"/></li> <li>Copy of all travel documents <input type="checkbox"/></li> <li>Copy of doctor's prescriptions <input type="checkbox"/></li> <li>Medical history / list of medications <input type="checkbox"/></li> <li>Frequent flyer card <input type="checkbox"/></li> <li>Other discount cards <input type="checkbox"/></li> <li>Emergency contact information <input type="checkbox"/></li> <li>_____ <input type="checkbox"/></li> <li>_____ <input type="checkbox"/></li> <li>_____ <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>Shampoo, conditioner, soap and washcloth <input type="checkbox"/></li> <li>Hair dryer and hair styling products <input type="checkbox"/></li> <li>Toothbrush, toothpaste, dental floss, mouthwash <input type="checkbox"/></li> <li>Deodorant, perfume <input type="checkbox"/></li> <li>Moisturizer, lip balm <input type="checkbox"/></li> <li>Make-up and remover <input type="checkbox"/></li> <li>Comb or brush <input type="checkbox"/></li> <li>Small mirror <input type="checkbox"/></li> <li>Shaving equipments <input type="checkbox"/></li> <li>Nail file, clippers, tweezers <input type="checkbox"/></li> <li>Cotton swabs <input type="checkbox"/></li> <li>Toilet paper <input type="checkbox"/></li> <li>Feminine hygiene products <input type="checkbox"/></li> <li>Antibacterial hand wipes <input type="checkbox"/></li> <li>Sunscreen lotion <input type="checkbox"/></li> <li>First aid kit <input type="checkbox"/></li> <li>Insect repellent (if in June or July) <input type="checkbox"/></li> <li>Motion sickness remedy / Bioband <input type="checkbox"/></li> <li>Prescription &amp; OTC medicines <input type="checkbox"/></li> <li>Contraceptives <input type="checkbox"/></li> <li>Glasses / contact lenses <input type="checkbox"/></li> <li>Other toiletries <input type="checkbox"/></li> <li>_____ <input type="checkbox"/></li> <li>_____ <input type="checkbox"/></li> <li>_____ <input type="checkbox"/></li> </ul>
Clothes & Accessories	Other Necessities
<ul style="list-style-type: none"> <li>Casual day wear - layers recommended <input type="checkbox"/></li> <li>Leisure wear / sports wear / swimwear <input type="checkbox"/></li> <li>Evening wear <input type="checkbox"/></li> <li>Warm outerwear <input type="checkbox"/></li> <li>Sleepwear <input type="checkbox"/></li> <li>Underwear and socks <input type="checkbox"/></li> <li>Pantyhose / tights <input type="checkbox"/></li> <li>Shoes for all occasion - good walking shoes must <input type="checkbox"/></li> <li>Hiking pole <input type="checkbox"/></li> <li>Daypack <input type="checkbox"/></li> <li>Hats or caps <input type="checkbox"/></li> <li>Gloves or mittens <input type="checkbox"/></li> <li>Scarves <input type="checkbox"/></li> <li>Raincoat or poncho <input type="checkbox"/></li> <li>Umbrella <input type="checkbox"/></li> <li>Sunglasses <input type="checkbox"/></li> <li>Belt <input type="checkbox"/></li> <li>Ties <input type="checkbox"/></li> <li>Watch <input type="checkbox"/></li> <li>Jewelry <input type="checkbox"/></li> <li>Other accessories <input type="checkbox"/></li> <li>_____ <input type="checkbox"/></li> <li>_____ <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>Guidebooks, maps, phrasebooks <input type="checkbox"/></li> <li>Books / magazines <input type="checkbox"/></li> <li>Notebook / journal and pen <input type="checkbox"/></li> <li>Address / contact book <input type="checkbox"/></li> <li>TSA-approved luggage locks <input type="checkbox"/></li> <li>Luggage tags <input type="checkbox"/></li> <li>Earplugs, sleeping mask, flight socks <input type="checkbox"/></li> <li>Inflatable travel pillow <input type="checkbox"/></li> <li>Chewing gum and mint <input type="checkbox"/></li> <li>Snack <input type="checkbox"/></li> <li>Water bottle to refill <input type="checkbox"/></li> <li>Swiss army knife <input type="checkbox"/></li> <li>Plastic Ziploc bags <input type="checkbox"/></li> <li>Sewing kit and scissors <input type="checkbox"/></li> <li>Spare batteries <input type="checkbox"/></li> <li>Duct tape <input type="checkbox"/></li> <li>Small flashlight / night light <input type="checkbox"/></li> <li>Small hospitality gifts <input type="checkbox"/></li> <li>_____ <input type="checkbox"/></li> <li>_____ <input type="checkbox"/></li> <li>_____ <input type="checkbox"/></li> <li>_____ <input type="checkbox"/></li> <li>_____ <input type="checkbox"/></li> <li>_____ <input type="checkbox"/></li> <li>_____ <input type="checkbox"/></li> <li>_____ <input type="checkbox"/></li> <li>_____ <input type="checkbox"/></li> <li>_____ <input type="checkbox"/></li> </ul>
Electronics & Gadgets	
<ul style="list-style-type: none"> <li>Mobile phone and charger <input type="checkbox"/></li> <li>Digital camera and zoom lens <input type="checkbox"/></li> <li>Extra memory card / storage device <input type="checkbox"/></li> <li>Camcorder <input type="checkbox"/></li> <li>Battery charger <input type="checkbox"/></li> <li>Tripod for camera / camcorder <input type="checkbox"/></li> <li>Adaptor and converter <input type="checkbox"/></li> <li>Extension cord <input type="checkbox"/></li> <li>Alarm clock <input type="checkbox"/></li> <li>iPod / CD player with headphones <input type="checkbox"/></li> <li>Laptop or iPad, and charger <input type="checkbox"/></li> <li>Bluetooth mini speaker <input type="checkbox"/></li> <li>Good binocular <input type="checkbox"/></li> <li>_____ <input type="checkbox"/></li> <li>_____ <input type="checkbox"/></li> </ul>	<div style="border: 1px solid black; height: 100px; width: 100%;"></div>

### 3.9 Packing Checklist For Ski Trips

Ski Trip Packing List	
BforBag.com	
Travel Documents & Money	Electronics & Gadgets
Travel tickets, itinerary, booking confirmations	Mobile phone and charger
Passport and visa	Digital camera and zoom lens
Travel insurance policy	Extra memory card / storage device
Medical card	Camcorder
Driving license	Battery charger
Maps, directions	Tripod for camera / camcorder
Travel money / payment cards	Adaptor and converter
Wallet / money belt	Extension cord
Copy of all travel documents	Alarm clock
Copy of doctor's prescriptions	iPod / CD player with headphones
Medical history / list of medications	Laptop or iPad, and charger
Frequent flyer card	Bluetooth mini speaker
Other discount cards	_____
Emergency contact information	_____
_____	_____
_____	_____
_____	_____
Clothes & Accessories	Toiletries & Health
Ski outerwear (jacket, pants)	Shampoo, conditioner, soap and washcloth
Ski middle layer (fleece)	Hair dryer and hair styling products
Ski base layer (thermal top, pants)	Toothbrush, toothpaste, dental floss, mouthwash
Ski hat / ski helmet	Deodorant, perfume
Ski goggles and sunglasses	Moisturizer, lip balm
Neck warmer / scarves	Make-up and remover
Ski gloves	Comb or brush
Ski socks	Small mirror
Ski boots	Shaving equipments
Liners	Nail file, clippers, tweezers
Après-ski clothes	Cotton swabs
Après-ski boots	Toilet paper
Gloves	Feminine hygiene products
Sleepwear	Antibacterial hand wipes
Underwear and socks	Sunscreen lotion (for high altitude)
Pantyhose / tights	Lip salve with SPF
Shoes for all other occasion	First aid kit
Daypack / hydration bag	Insect repellent (if in June or July)
Umbrella	Motion sickness remedy / Bioband
Belt	Prescription & OTC medicines
Swimsuit	Contraceptives
Watch, jewelry	Glasses / contact lenses
Other accessories	Other toiletries
_____	_____
_____	_____
_____	_____
Ski Gear	Other Necessities
Skis / snowboard	Guidebooks, maps, phrasebooks
Ski poles	Books / magazines
Ski bindings	Notebook / journal and pen
Ski clips	Address / contact book
Hand and foot warmers	TSA-approved luggage locks
Custom footbeds	Luggage tags
Ankle protectors and wrist guards	Earplugs, sleeping mask, flight socks
Ski lock	Inflatable travel pillow
Other ski gear	Chewing gum and mint
_____	Snack
_____	Water bottle to refill
_____	Swiss army knife
_____	Plastic Ziploc bags
_____	Sewing kit and scissors
_____	Spare batteries
_____	Duct tape
_____	Binocular
_____	Small flashlight / night light
_____	_____
_____	_____



### 3.10 Packing Checklist For Diabetics

Packing Checklists For Diabetics	
<a href="http://BforBag.com">BforBag.com</a>	
<b>Travel Documents &amp; Money</b>	<b>Toiletries &amp; Health</b>
Travel tickets, itinerary, booking confirmations Passport and visa Travel insurance policy Medical card Vaccination card Driving license Maps, directions Travel money / payment cards Wallet / money belt Letter from your doctor explaining your diabetes Copy of all travel documents Medical history / list of all medications Frequent flyer card International student card Other discount cards Emergency contact information  _____ _____ _____	Shampoo, conditioner, soap and washcloth Hair dryer and hair styling products Toothbrush, toothpaste, dental floss, mouthwash Deodorant, perfume Moisturizer, lip balm Make-up and remover Comb or brush Small mirror Shaving equipments Nail file, clippers, tweezers Cotton swabs Toilet paper Feminine hygiene products Antibacterial hand wipes Sunscreen lotion First aid kit Insect repellent Malaria tablets Prescription & OTC medicines Contraceptives Glasses / contact lenses Other toiletries  _____ _____ _____
<b>Clothes &amp; Accessories</b>	<b>Electronics &amp; Gadgets</b>
Casual day wear Leisure wear / sports wear / swimwear Evening wear Outerwear Sleepwear Underwear and socks Diabetic socks Pantyhose / tights Shoes for all occasion Hats or caps Gloves or mittens Raincoat or poncho Umbrella Quick dry towel or beach towel Sunglasses Belt Ties Watch Jewelry Other accessories  _____ _____ _____	Mobile phone and charger Digital camera Camcorder Battery charger Tripod for camera / camcorder Adaptor and converter Extension cord Alarm clock iPod / CD player with headphones Laptop or iPad, and charger Bluetooth mini speaker  _____ _____ _____
<b>Diabetic Travel Supplies</b>	<b>Other Necessities</b>
<b>Specially for injectors</b> Insulin cartridges Insulin pens (long and short-acting) Needles  <b>Specially for insulin pump users</b> Reservoirs Infusion sets Infusion set inserter Bottles insulin Batteries for pump  Blood test machine Lancing device Blood test sensors Hypo treatment Insulin cooler / cooling case wallet Travel weighing scale Other diabetic travel supplies  _____ _____ _____	Guidebooks, maps, phrasebooks Books / magazines Notebook / journal and pen Address / contact book TSA-approved luggage locks Luggage tags Earplugs, sleeping mask, flight socks Inflatable travel pillow Chewing gum and mint Snack (not in liquid form if flying) Water bottle to refill Swiss army knife Eating utensils Plastic Ziploc bags Sewing kit and scissors Spare batteries Duct tape Universal sink plug Travel iron Mosquito net Binocular Small flashlight / night light Small hospitality gifts CV and references  _____ _____ _____