

## **Important documents**

- E-ticket
- Hotel reservation confirmation number
- Travel insurance card and emergency numbers
- Calling card
- Car rental confirmation
- Cash
- Credit card company information
- Credit & ATM cards
- Driver's License
- Your contact information while you are away
- Guidebooks
- Membership cards
- CAA, frequent flyer
- Money belt or pouch
- Passport, visa(s) + photocopies of passport and all credit cards
- Travel Insurance

## **Personal Items & Hygiene**

- Body lotion
- Conditioner\*
- Contact lenses and solution\*
- Cosmetics\*
- Clothesline
- Curling iron/hair straightener
- Deodorant\*
- Eye drops\*
- Feminine hygiene products
- Floss
- Glasses
- Hairbrush or comb
- Hair care products\*
- Hair dryer
- Hand sanitizer\*
- Lip balm\*
- Moist towelettes\*
- Mouthwash\*
- Paper towels/tissues
- Razors and shaving cream\*
- Shampoo\*
- Soap\*
- Toiletry bag
- Toothbrush
- Toothpaste\*
- Towel/wash cloth
- Woolite or laundry detergent packets\*
- \*Liquids & Gels

### **\*Liquid and Gels**

In your carry on luggage only bring liquids, gels and aerosols that are 100ml/100 grams or less and ensure they fit in a clear, closed and resealable 1 litre (1 quart) plastic bag. Prescription medicine and baby formula or milk are exempt. You can pack any size liquid or gel in your checked baggage. Scissors nail clippers, razor blades and other sharp objects. Pack them in your checked baggage. They will not be allowed through security. For more information call 1.888.294.2202 or visit the Canadian Air Transport Security Authority website at [www.catsa.ca](http://www.catsa.ca).

## **Medications and Health**

- Allergy pills
- Anti-itch cream
- Cold medicine
- Contraceptives
- First-aid kit
- Herbal supplements
- Malaria tablets
- Motion sickness remedies
- Nausea and diarrhea remedies
- Pain relievers
- Prescriptions
- Sleep medications
- Vitamins
- Water purification method

## **Clothing and Accessories**

- Belt
- Comfortable shoes
- Dress(es)
- Dress shoes
- Gloves/mittens
- Hiking boots
- Jacket
- Jewellery
- Knit hat
- Long underwear
- Pyjamas/sleepwear
- Pants/trousers
- Rain boots
- Raincoat
- Sandals
- Scarf
- Shirts
- Shorts
- Slippers
- Socks
- Stockings
- Suit(s)
- Sweaters
- Sweatshirts
- Swimsuit
- Sneakers
- T-shirts
- Underwear
- Watch
- Wide-brimmed hat

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## **Gadgets**

- Camera and charger
- Cell phone and charger
- Converters and adapters
- Extra memory cards or film
- Laptop and accessories
- MP3 player
- PDA
- Spare batteries
- Travel alarm clock
- Video camera and charger

## **Family**

- Baby food
- Baby powder
- Bibs
- Bottles/sippy cup
- Car seat
- CD's/DVD's
- Changing pad
- Child's toilet seat
- Colouring books
- Crayons/markers
- Diapers
- Extra clothes
- Favourite Blanket
- Food/snacks
- Formula or juice
- Highchair
- Kid-friendly camera
- Nursing pads
- Pacifiers
- Playing cards
- Stroller
- Stuffed animals
- Toys
- Travel games
- Waterproof sheets
- Wipes