

Clothing

Weather-appropriate outfits (layers for varying climates)

Comfortable walking shoes and/or sandals

Shoes suitable for ground surface you are walking on.

Swimwear? Sun Screen, Sun Glasses

Accessories (hats, sunglasses, scarves)

Sleepwear and undergarments

Lightweight jacket or sweater

Toiletries

Travel-sized shampoo, conditioner, body wash, toothpaste

Toothbrush, razor, and grooming kit

Moisturizer, and lip balm

Prescription medications (in original container) and a small first aid kit

Clothes line

Washing powder

Sink drain plug

Documents

Passport, visas, and driver's license

Copies of important documents (kept separately)

Travel insurance policy & card

Credit/debit cards phone numbers to call in case of loss or theft of cards

Vaccination records

Contact info for US Consulate or Embassy in country you are visiting

Travel Journal

Itinerary printed

Loyalty cards, lounge membership cards

Budgeting

Set a daily budget for expenses (food, activities, transport)

Research the average costs in your destination

Currency Exchange

Exchange money before departure

Know the locations of ATMs or currency exchange services

Payment Methods

Cash Is the country a cash society or are credit cards accepted widely

Cash for emergencies

Carry multiple payment options (credit/debit cards, cash)

Notify your bank of international travel to avoid blocked transactions

Know the pin numbers for your credit cards, may be necessary for purchases at kiosks.

Emergency Funds

Keep a backup credit card in a separate place

Have a small amount of cash hidden in your luggage

Health Risks

Check for any required vaccinations or health advisories

Carry a small first aid kit and any personal medications

Research the local healthcare system and nearest hospitals

Insect Repellent

Mosquito netting

Nutrition

Collect and package all vitamins

Prescription medications in original container

Check if controlled medication (narcotics, Pain meds) is allowed to be brought into country

Emergency medications- Anti inflammatory (NSAIDS), pain (Acetaminophen, Aspirin), anti diarrhea, motion sickness, Probiotics, etc

Prepare your Gastro Intestinal flora before departure – take probiotics – various strains from various food types or supplements (Greek yogurt, fermented vegetables). Consider probiotic strains *Lactobacillus rhamnosus*, *Saccharomyces boulardii*, *Bifidobacterium lactis* & *Lactobacillus casei*. To help with cases of diarrhea (consult your doctor)

Moleskin for blisters

Bandages small and large sizes

Caution drinking local water- ensure it is safe. Your Gastro Intestinal bacteria may not be adapted to local water causing gastrointestinal upset.

Safety Precautions

Install tracking app on your phone and share tracking links with friends of family.

Use Whatsapp to share live location or one time location with friends family.

Be aware of common scams in your destination

Use hotel safes to store valuables or use secured luggage with aluminum or rigid frame (not zippers) and locks

Avoid displaying wealth (jewelry, expensive gadgets)

Stay in well-reviewed accommodations

Use google streetview to view the street and area the hotel is located

Travel Insurance

Comprehensive coverage including medical, delay/cancellation, and loss of baggage, personal items

Ensure enough emergency medical evacuation to home country coverage

Know the emergency contact number for your travel insurance provider

Careful review of details of pre existing illness clauses.

Flight Delays/Cancellations

Stay informed about your airline's policies on delays and cancellations

Have a list of alternative transportation options

Download airline apps for real-time updates

Lost Luggage

Pack essentials in your carry-on (change of clothes, toiletries)

Label your luggage clearly with your contact information

Know the process for reporting lost luggage at your destination

Take a photo of your luggage to show lost baggage representatives

Communication Plan

Share your itinerary with a trusted friend or family member

Have a backup phone plan or international SIM card

Set up check-in times with your contacts

Visas and Permits

Check visa requirements well in advance

Apply for necessary permits (e.g., driving permits)

Reservations

Print or download confirmations for flights, hotels, and activities

Book direct with hotels and other travel services instead of OTA online travel agencies (third party booking sites) Your reservation is more secure, prices are lower and or there may be incentives.

Join loyalty programs for hotels, car rental, airlines, etc to save money on purchases.

Double-check dates and times frequently before departure

Emergency Contacts

Keep a list of important numbers (embassy, local contacts, hotel)

Program emergency contacts into your phone

Customs and Etiquette

Research local customs, especially regarding dress and behavior

Learn basic phrases in the local language

Respect for Local Laws

Familiarize yourself with local laws, especially regarding alcohol, photography, and public behavior

Understand tipping customs

Learn what the local tourist scams are and prepare yourself.

Technology

Phone, tablet, and/or laptop with chargers

Universal power adapter

Portable power bank

Headphones or earbuds

Mobile Phone

Have a backup phone plan or international SIM card

Ensure adequate storage on mobile phone

Buy international voice /data plan before departure

If your phone is locked by your carrier, it is likely you can not use a local SIM card or eSim in the phone.

Consider having phone unlocked by carrier before departure, gives you more options.

Download offline mapping app, useful for navigation if no internet.

Password lock your phone.

Additionally Password or bio metric lock each critical app-email, financial, loyalty, etc.

Consider bringing a backup phone

Travel Apps

Download useful travel apps (maps, translation, transportation)

Offline maps and language translation apps

Travel Gear

Consider bringing a reusable water bottle, travel pillow, and noise-canceling headphones

Lightweight daypack for daily excursions

Rain cover for backpack

Computer

Software updated

Space available to offload memory cards

Windows recovery file backed up to usb device

Battery Charged

Important files stored on computer and not cloud, in case of no internet.

Download Offline Map files for mapping programs

Strong login password to avoid theft of information

Photography & Video

Ensure you have enough storage capacity on your device (mobile phone/Camera. Etc.). Determine photography goal – tell a story, take random shots, focus on creative shots.

If telling a story make a shot list before you go

Determine video goal – tell a story, or short videos only for social media

Camera body/bodies

Lenses (wide-angle, telephoto, macro, etc.)

Lens hoods and caps

Camera flash / Video Light

Microphone

Microphone windscreen

Tripod (compact/travel size)

Camera strap

Camera bag/backpack

Memory cards (multiple, high capacity) are they empty?

Extra batteries (fully charged)

Chargers for batteries – Enough chargers/cables/plugs to charge all devices overnight

Cables for charging and data transfer

Post-Travel Considerations

Unpacking check pockets for money

Collect and save memory items

Edit photos

Edit videos share with friends & family and on social platforms

Back up all photos and videos to second device

Health Check Monitor for any post-travel illnesses, if Doctor visit inform of recent travels

Travel Debrief Reflect on the trip for future improvements

Complete your travel journal

Share your experience and tips with others



Consider Aperture Journeys for your next tour.

Luxury & Premium Small Group Tours to:

- Italy, Greece, Croatia, Turkey, Montenegro, Albania, North Macedonia, Slovenia, & Bosnia & Herzegovina
- We design and lead all tours! Hand Picked Hotels & Restaurants.
- Small Groups of 6 -10 persons provides a more intimate travel experience.
- Professional Guides and Transport.
- We can design and lead your private tour!

Contact us at www.aperturejourneys.com

Travel Planner

Destination:

Travel Dates:

Travelers:

Phone #

Transport – Flights, Train, Ferry, Airport/Hotel Transfers

Date	Company Name	Flt #	Departure Time	Arrival Time	Notes

Hotels

Date	Hotel	Reservation #	Check In Time	Check Out Time	Notes

Restaurants

Date	Restaurant	Time

Date	Restaurant	Time

ITINERARY

Date					
8:00AM					
12:00 Noon					
8:00PM					

Date					
8:00AM					
12:00 Noon					
8:00PM					

ITINERARY

Date					
8:00AM					
12:00 Noon					
8:00PM					

Date					
8:00AM					
12:00 Noon					
8:00PM					