

Travel Essentials

Your Pre-Trip Checklist

by JourniTools

+ Health & Insurance

- ✓ Travel insurance with medical evacuation
- ✓ Prescription meds in original packaging
- ✓ Doctor's letter for controlled substances
- ✓ Vaccination records & health card

\$ Documents & Money

- ✓ Passport valid 6+ months beyond trip
- ✓ Visa or e-visa confirmation printed
- ✓ Credit card with no foreign-tx fees
- ✓ Emergency cash in local currency

~ Connectivity

- ✓ Unlocked phone or international eSIM
- ✓ Offline maps downloaded for destination
- ✓ Hotel & embassy contacts saved offline
- ✓ Portable charger and adapter plugs

* Packing Essentials

- ✓ Compression cubes for organized packing
- ✓ Comfortable walking shoes, broken in
- ✓ Layers for unpredictable weather
- ✓ Toiletries under 100 ml for carry-on

! Safety & Awareness

- ✓ Register trip with your embassy
- ✓ Share itinerary with a trusted contact
- ✓ Learn local emergency number (not 911)
- ✓ Keep digital copies of all documents

Apps & Tech

- ✓ Translation app with offline packs
- ✓ Currency converter app installed
- ✓ Ride-hailing app for your destination
- ✓ Cloud backup of photos enabled