

Teen Travel Must-Have Packing List

1. Essentials You Can't Forget

- ☐ **Passport / ID**
- ☐ **Boarding Pass / Travel Tickets**
- ☐ **Wallet** -Debit or credit card, cash, and your health insurance card for emergencies.
- ☐ **Cell Phone & Charger**
- ☐ **Headphones / Earbuds**
- ☐ **Health Insurance Card**
- ☐ **Emergency Contact Info**
- ☐ **Copy of Itinerary**

2. Clothing That's Comfortable & Stylish – Adjust quantity for the duration of your trip and depending on if you'll be doing laundry. The suggestion below is for a week.

- ☐ **4–5 T-shirts/Tops**
- ☐ **2 Pairs of Shorts**
- ☐ **2 Pairs of Jeans or Comfy Pants**
- ☐ **1–2 Nicer Outfits**
- ☐ **Light Jacket or Hoodie**
- ☐ **Swimsuit** with an **optional Rash guard**
- ☐ **Pajamas**
- ☐ **Underwear & Socks**
- ☐ **Comfortable Walking Shoes**
- ☐ **Sandals or Flip-Flops**

3. Toiletries to Keep You Fresh

- ☐ **Toothbrush & Toothpaste**
- ☐ **Deodorant**
- ☐ **Hairbrush/Comb**
- ☐ **Shampoo, Conditioner & Body Wash** (Travel size)
- ☐ **Face Wash**
- ☐ **Sunscreen**
- ☐ **Lip Balm**
- ☐ **Any Medications**

4. Your Carry-On Essentials

- ☐ **Book / Kindle / Magazine**
- ☐ **An extra change of clothes** for an emergency
- ☐ **Snacks**
- ☐ **Reusable Water Bottle**

- ☐ **Small Travel Pillow**
- ☐ **Sweater or Hoodie**
- ☐ **Sunglasses**
- ☐ **Face Mask** (Optional)
- ☐ **Hand Sanitizer**
- ☐ **Gum or Mints**

5. Extra Fun & Useful Items (Optional, But Smart)

- ☐ **Power Bank (Portable Charger)**
- ☐ **Camera or GoPro**
- ☐ **Travel Journal & Pen**
- ☐ **Playing Cards or Travel Games**
- ☐ **Mini First Aid Kit** – Always be prepared with band-aids, pain relievers, cough drops, and other essentials.