

SOLO TRIP TRAVEL ESSENTIALS LIST

This is the ESSENTIALS list - the list of things we often overlook when traveling SOLO. The clothes you pack are left to you, since you know where you're traveling to and the activities you'll be doing. But I will say, bring more underwear and socks than you think you need. Vacations have you sweating more than you do at home!

Carry-On Bag

Lock Your Stuff up with TSA-Approved Travel Locks

- Copies of Driver's License, ID, Passport**
- Bracelet Helper**
(you're traveling alone, make it easier on yourself if you want to wear bracelets for specific events)
- Zipper Helper**
(ever try to zip your dress up the back without someone's help? You could seriously pull a muscle)
- Day Bag/Day Backpack**
(you won't want to lug around your larger travel bags)
- Extra Passport Photos**
(if something happens to you, those photos might help authorities, so keep them where they'll find them easily in your room)
- Lightweight Water Resistant Jacket**
(make sure it has lots of pockets)
- Reusable Bag**
(for quick shopping trips no one wants to drag a large bag to a local store to pick up a few snacks, water or some tampons)
- Supplements**
(get a pill organizer, load up what you'll need for the length of your trip and a few extra days just in case flights are delayed or canceled)
- Universal Plug Adaptor**
(if you're traveling overseas, if not, this can stay home)

Personal Bag

- Booking Confirmations**
(Printed Copies. Phones get lost, or break.)
- TSA Approved Cable Lock**
(If you have a roller Carry-on & a personal bag, cable them together. Deters thieves from taking your personal bag)
- Portable Door Lock & Door Alarm**
(when alone in a hotel room, extra safety is necessary)
- Hotspot WiFi Router**
(safer way to use internet than what a hotel offers)
- Wireless Earbuds/Earphones**
- Portable Phone Charger**
- Eye Mask**
- Earplugs**
- Collapsible Water Bottle**
- Tissues**
- Hand Bacterial Wipes**
- Alcohol Wipes**
- All Prescription Medications**
- Feminine Hygiene Products**
(just in case someone comes to visit earlier than expected - we all know it happens)
- Travel Cable Organizer**

What to Wear for Travel Day

- Travel Money Belt**
(this ain't no fanny pack, it's slim and fits snugs to your body)
- In the Travel Money Belt:**
 - Passport
 - Driver's License/ID
 - Visas
 - Tickets/Boarding Pass
 - Cash
 - Credit/Debit Cards
 - Medical Insurance Card
 - Vaccination Documents

- LAYERS of Clothing**
- Secret Pocket Scarf**
- Comfortable Easy Slip On/Off Shoes**
- Smartphone**
- Slim/Small Portable Charger**
(in your pocket)
- Charging Cable**
(wind it up, slip it in a pocket)
- Personal Safety Alarm**