International Travel Seminar — Check List

Must have items:
• Flexibility – stuff happens, so be ready to adjust.
• Cooperation – working together will help make this seminar more enjoyable.
• Patience – sometimes things will not happen the way you expect or want.
• Appreciation – show you care about what others are doing on your behalf.

What to leave behind:
• Anything that you are concerned about losing.
• Valuable/expensive jewelry or accessories.
• Any papers or documentation that you do not need for your travels.

CLOTHING
For all:
• Comfortable walking shoes (closed toe)
• Dress shoes
• Sleepwear (keep in mind that hotel rooms may be cold)
• Belt (optional)
• Underwear (preferably quick dry so they can be hand washed)
• Sweater (for layering)
• Lightweight raincoat
• Socks (preferably all the same color and quick dry so they can be hand washed)
• Hat
• Gloves

For men:
• 1 coat/sports coat
• 3 pants that coordinate with the coat
• 3-4 shirts that coordinate with coat and pants
• Tie(s)
• T-shirts for layering

For women:
• 1 suit or pants suit
• 1 or 2 daytime outfits
• 1 or 2 informal outfits
• Long skirt
• Several blouses/shirts that coordinate with pants suit
• Pantyhose (a few pairs)
• Head covering/scarf
• Accessories
TOILETRIES

☐ Shampoo/conditioner
☐ Soap
☐ Toothbrush
☐ Toothpaste
☐ Dental floss
☐ Comb or brush
☐ Shaving supplies
☐ Lotion
☐ Lip balm
☐ Kleenex
☐ Nail clippers
☐ Emery board
☐ First aid cream
☐ Band-Aids
☐ Wet wipes / hand sanitizer
☐ Aspirin, ibuprofen or acetaminophen
☐ Antihistamines (allergies)
☐ Prescription medications
☐ Copies of written prescriptions
☐ Anti-diarrhea medicine (don’t drink the water!)
☐ Laxative (when you take too much anti-diarrhea medicine!)
☐ Cold medicines
☐ Contact lens fluid

PERSONAL ITEMS

☐ Passport
☐ Backup photocopies of passport
☐ Photo identification
☐ Money belt
☐ Ag Leadership Foundation name badge
☐ Business cards
☐ Alarm clock
☐ Watch
☐ Book
☐ Small waterproof backpack for day trips
☐ Camera and memory cards
☐ Small flashlight
☐ Batteries
☐ Power converter
☐ Plug adapter
☐ Insect repellent (something with DEET as the active ingredient)
☐ Sunglasses
☐ Sunscreen (SPF 30 or higher)
☐ Sewing kit
☐ Travel clothesline for hotel
☐ Small containers of laundry soap
☐ Spot remover
☐ Sink drain-stopper
☐ Sealable containers or bags (to pack wet clothes)
☐ Umbrella
☐ Extra glasses
☐ Sleep eye shades (optional)
☐ Ear plugs
☐ Snacks for the plane trip