



What to pack

Having a list will certainly help to keep you from forgetting important items. Start on a customized list for yourself well in advance of the trip. Put it on your computer and you will have it ready for future travel.

There are a number of websites that offer assistance. Here are a few:*

http://wikitravel.org/en/Packing_list

<http://www.independenttraveler.com/packing/>

<http://www.ricksteves.com/plan/tips/packlist.htm>

<http://www.travellerspoint.com/packing-list.cfm#PackingList>

There are also smart phone apps, including:*

Travel List (\$1.99) Has auto reminders so that you remember to pack last minute things...

Packing Pro (\$2.99) Great for business people even with its learning curve. You can use sample lists to start building your own list or just create your list from scratch.

*These web sites and apps are not officially endorsed by Travel Health 101™, but they will offer you a good starting point in creating your personal list.