



PACK IT UP!

The essentials to bring with you, wherever you go

We know that every vacation is different, but there are some items that you should always have with you when you travel. You wouldn't go anywhere without your toothbrush... would you?

Having an idea of what you can and cannot travel without is important to know before you go. To make things easier for you, we've developed a list of travel essentials. Packing these core items will mean that you won't have to run around for them when you're away. Instead, you can focus on what a vacation is all about — enjoying yourself!



First aid essentials

Why are first aid essentials first on our list? Because accidents can happen anywhere at any time, so make sure you're prepared with a first aid kit.



Prescription medication

Make sure you pack your prescription drugs in your carry-on luggage. You don't want to be without your medicine if there are delays or if your luggage goes missing. However, the government advises carrying your medication in the original prescription bottle and confirming that your medication is okay to carry in the country you're visiting.



Just-in case medication

There's nothing worse than getting sick on vacation, but unfortunately it does happen. Ibuprofen, vitamin C, and other types of useful medication are good to have on hand. It can also be cheaper than having to buy these types of meds when you're in a foreign country.



Sun protection

Here comes the sun, so make sure sunscreen is in your checked luggage. Even if you're heading to an area that's not known for too many sunny days, you're still going to want to have a small bottle to be on the safe side.



Sleep essentials

A vacation is a good time to catch up on some much-needed R&R. So make sure you have what you need to have a good night's sleep. Of course, pack your pyjamas, but it might also be wise to pack an eye mask and some earplugs to be on the safe side. You don't want light pollution or annoying noise to disturb your rest. You can even use them to help catch some z's on your flight.



Extra pair of socks

You never know when an extra pair of socks will come in handy, so toss another pair in your bag.



Toothbrush

Don't forget your toothbrush and toothpaste. You'll want to keep those pearly whites looking great for all the amazing travel photos you'll be taking on your trip.

Having these travel essentials with you will help ensure that you have an amazing vacation. So, make sure they're all in your bag on your next trip. By the way, where are you heading next? Maybe it's time to check off somewhere new?



Your sense of adventure

Get out and explore someplace new.