

===== \*  \*\*CREATE website handbook of\*\*

- flight info
- airline customer service number
- airport map with gates
- hotel address (linked), phone number, hotel shuttle

\*  \*\*SAVE and FAVORITE on phone\*\*

- airline customer service phone number

\*  \*\*BUY before leaving\*\*

- frozen meal ready at home for return date
- protein bars for flight over and back

\*  \*\*EDC\*\*

- pen (2)
- pocket notebook
- credit cards (2)
- state ID

\*  \*\*Personal Effects\*\*

- contact friends in destination city
- haircut within 4 weeks
- empty water bottle
- normal notebook
- reading book
- noise-cancelling headphones

\*  \*\*Electronics\*\*

- USB-A --> Thunderbolt
- USB-A --> USB-C
- USB-C --> wall
- wall outlet adapter
- laptop with charger
- phone with charger
- iPad or Switch
- powerbank

\*  \*\*DOWNLOAD onto phone\*\*

- transit app
- hotel app
- conference app
- airline app

\*  \*\*Clothes\*\*

- Fly Days

- slip-on shoes
- compression socks
- jacket
- button down with chest pocket
- Ground Days
  - shoes (practical)
  - shoes (formal)
  - socks
  - underwear
  - ties
  - cuff links
  - shirts
  - jacket
  - umbrella

\*  \*\*Toiletries\*\*

- razor
- ibuprofen
- diphenhydramine
- glasses
- contacts
- contact fluid =====

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