

Packing, International

- **CREATE website handbook of**
 - flight info
 - airline customer service number
 - embassy address and phone number
 - airport map with gates
 - hotel address (linked), phone number
- **SAVE and FAVORITE on phone**
 - US embassy phone number
 - 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
 - passport
- **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
 - eSIM
 - 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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