

- **CREATE website handbook of**
 - flight info
 - airline customer service number
 - embassy address and phone number
 - airport map with gates
 - hotel address (linked), phone number, info re **shuttle** * **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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