

- ☐ **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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