

# TRAVEL TOILETRIES Packing Checklist



ESSENTIAL TOILETRIES		NICE TO HAVE / TRIP SPECIFIC ITEMS	
Shampoo		Sunscreen	
Conditioner		Insect repellent spray	
Hair brush / comb		After sun lotion / aloe vera	
Soap / body wash		Anti-chafe balm / powder	
Toothpaste		Foot powder	
Toothbrush		Tiger balm / Deep heat	
Dental floss		Hand sanitizer	
Deodorant		Menstrual cup / tampons / sanitary pads	
Facial wipes / cleanser		Condoms	
Facial moisturiser		Personal lubricant	
Body moisturiser		After shave / beard oil	
Hand cream		Contact lenses / solution	
Lip balm		Essential oils	
Coconut oil			
Razor		<b>HAIR &amp; BEAUTY</b>	
Shaving gel / oil		Hair ties	
Tweezers		Bobby pins	
Small mirror		Travel Flat iron	
Nail file		Travel hair dryer	
Nail clippers		Dry shampoo	
Cotton buds / cotton pads		Hair styling products	
Medication		Shower cap	
Vitamins		Make up	
		Make up brushes	
<b>FIRST AID KIT</b>		Make up remover	
Band aids		Eye cream	
Neosporin		Solid perfume	
Bite / sting cream			
Immodium		<b>FOR PACKING</b>	
Ibuprofen / Panadol / Asprin		Toiletry Bag	
Antacids / QuickEze		GoToobs	
Rehydration salts		Ziploc Bags	
Vitamin C sachets			
Throat lozenges			