

# HAVENT YOU FORGOTTEN SOMETHING ?

Make sure you did not thanks to our ultra-complete checklist :

## TRAVEL DOCUMENT :

- ID card or passport (look out at the validity)
- European Health Insurance Card
- Vaccination certificates
- Driving license + car documents
- Bank cards
- Cash, local currency
- Car keys and house keys
- Reservation Coupons (transport + accommodation)
- Travel insurance documents
- Tax disk
- Important telephone numbers
- GPS + route
- Tour guides

## TRAVEL PHARMACY :

- Your daily medications
- Antimetil®** or **Antimetil®gom**
- Antidiarrhetic
- Pain killers
- Plasters
- Disinfectant
- Cream for bruises and sprains
- Mosquito repellent
- Calmiderm®** (stings, itching and sun aggressions)
- Contraceptive
- Tweezers
- Antihistaminic
- Earplugs
- Sunscreens
- After-sun cream
- Lip balm

## CLOTHES :

- Hat, cap
- T-shirts
- Tops
- Shirts
- Sweaters
- Shorts
- Skirts
- Trousers, jeans

- Dresses
- Underwear
- Socks, tights
- Pajamas
- Jackets, Coats
- Rainwear
- Scarfs
- Belts
- Jewelry
- Swimwear
- Sandals
- Sneakers
- Boots
- Hiking shoes
- Slippers, flip-flops
- Laundry bag

## PERSONAL BASICS :

- Glasses or contact lens
- Sunglasses
- Phone + phone charger

## LEISURE :

- Camera + battery charger + memory card
- Video camera + battery charger + memory card
- Paper and pens
- Envelopes and stamps
- Address book
- Books
- Mp3 player + earphone + battery charger
- Reserve batteries
- Board games
- Beach games (balls, rackets...)

See more



# Antimetil®



## TOILET KIT :

- Toothbrush
- Toothpaste
- Soap
- Shampoo
- Shaving foam
- Razor
- Manicure kit
- Hairbrush or comb
- Hair accessories (hairgrip...)
- Hairspray
- Hairdryer, straightener, curler
- Cotton bud
- Pocket Mirror
- Beach towels
- Hand towel
- Bath towel
- Washcloth
- Hand sanitizer
- Deodorant
- Perfume
- Make-up
- Makeup Remover
- Moisturizer face and hands
- Menstrual protection
- Tissues
- Scissors
- Liquid for contact lenses
- Safety pins

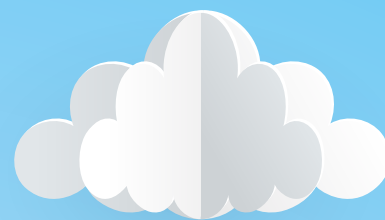
## MISCELLANEOUS :

- Backpack
- Beach bag
- Parasol
- Travel adapter
- Padlock
- Binoculars
- Flashlight
- Travel Alarm Clock
- Washing powder
- Drinks
- Foods

## FOR CHILDREN :

- Moses basket
- Diapers
- Wet wipes

- Ointment, talc
- Baby's bottle
- Bottle warmer
- Dummy
- Cuddly toy
- Baby food
- Stroller
- Baby carrier
- Parasol
- Toys



## BEFORE THE DEPARTURE :

- Get vaccinated if necessary
- Water the plants
- Take the rubbish out
- Turn the gas off
- Turn the electricity off is necessary
- Switch the answering machine on
- Turn the heating system off
- Check the mails
- Close the shutters

## OTHERS :

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