

# Glutendroppers Travel Packing Checklist

## Documents

- Valid ID or passport
- European Health Card or travel insurance
- Transportation tickets (printed and/or digital)
- Accommodation reservation
- Driver's license / international permit
- Medical prescriptions or reports (if needed)
- Bank card and some cash

## Clothing and Footwear

- 5 tops
- 4 bottoms
- 3 dressier outfits or dresses
- 2 pairs of shoes (one comfortable, one formal)
- 1 jacket or coat
- Underwear and socks
- Pajamas / sleepwear
- Swimsuit or bikini
- Hat, scarf, and gloves (if cold)
- Cap, sun hat, and sunglasses (if hot)

## Toiletry Bag

- Toothbrush and toothpaste (travel size)
- Comb or hairbrush
- Shower gel, shampoo, and conditioner (100 ml or less)
- Deodorant
- Sunscreen
- Basic makeup (if used)
- Wet wipes and tissues
- Razor or epilator
- Clear zip-lock bag

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- Waterproof, compartmented toiletry bag

## Basic First Aid Kit

- Paracetamol or ibuprofen
- Band-aids and antiseptic
- Insect repellent
- Motion sickness pills
- Oral rehydration salts
- Antihistamines
- Your regular medication (in hand luggage)

## Electronics

- Mobile phone with charger
- Power bank (portable battery)
- Plug adapter (if traveling abroad)
- Headphones
- Tablet or e-book (if used)
- Laptop (only if necessary)
- Cable organizer
- Offline maps and guides downloaded

## Gluten-Free Essentials

- Gluten-free cookies or bars
- Vacuum-packed or frozen gluten-free bread
- Safe snacks: nuts, dried fruit, etc.
- Small containers and reusable cutlery
- Foldable thermal bag
- Celiac information cards

## Other Essentials

- Comfortable daypack
- Foldable or fabric bag

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- TSA-approved luggage lock
- Sleep mask and earplugs
- Travel journal or notebook
- Reusable water bottle
- Foldable umbrella or raincoat
- Bags for separating clothes or storing wet items