

# Holiday packing list

## Documents

- Passport or ID**
- Health insurance card**
- Driving licence**, international driving licence in some countries
- Booking confirmations**
- Address book** including emergency contacts and emergency numbers
- Visa and health insurance confirmation**
- Letter of protection** for car insurance and travel insurance
- Vaccination record**
- Tickets** for travel
- Vignette or toll card**
- Other documents**, e.g. tickets and discount cards

Find out about the entry conditions in good time. It is best to make **copies of the important documents**. Keep **originals in your hotel room's safe**.

## Money

- Bank card and credit card**. Always pay in the currency of the country. Find out about the possible surcharges before you leave. Important: prepaid credit cards are not accepted everywhere.
- Cash**. Depending on the country, you should exchange your currency in Switzerland before you leave. Find out about exchange rates in good time.
- Access data for your **online banking**.
- Emergency telephone number of the bank**. Write them down in two different places. In the event of theft, you can have the cards blocked.  
→ [Wallet stolen: what should I do?](#)

## Medication

- First aid kit**
- Personal medication**
- Painkillers
- Remedies for **diarrhoea** and **nausea**
- Remedies for **constipation**
- Thermometer**
- Cold remedies** and **nasal spray**
- Remedy for **ear pain**
- Allergy medication**
- Remedies for **insect bites**
- Tick remedy**, depending on the destination and season. To remove ticks, you need **tweezers** or **tick remover card**.
- Remedies for **sunburn** (such as after sun)
- Plasters for blisters**

**Important:** check which medicines you can take into your country of travel before you travel. Some over-the-counter remedies available in Switzerland are prohibited in other countries.



- Clothes**
- Underwear and socks**
  - Pyjamas**
  - T-shirts and tops**
  - Blouses or shirts**
  - Trousers**
  - Skirts and dresses**
  - If necessary, **tights**
  - Pullovers**
  - Rain jackets**

**Cosmetic and hygiene products**

- Toothbrush, toothpaste and floss**
- If necessary, **mouthwash**
- Shower gel, hair shampoo and conditioner**
- Deodorant**
- Body lotion, hand cream and lip balm**
- Hairbrush and hair dryer**
- Nail scissors and tweezers**
- If necessary, **contact lens fluid**
- Tissues**
- Shaver**
- Menstrual items**
- Contraceptives**
- Sunscreen**

**Technology**

- Chargers** for all electronic items
- Headphones**
- Universal **travel adapter**

**Miscellaneous**

- Backpack**
- Entertainment**, e.g. book, games
- Notebook and pens**
- Replacement glasses, replacement lenses, sunglasses**
- Small **umbrella**
- Waist bag**
- Bag knife and travel sewing set**
- Travel guide and language guide**
- Bag** for dirty laundry

