



✓ *Travel* **CHECKLIST**

*It's almost time to fly to
Paper Doll Militia Aerial Retreat!*

Here's some information to make packing a breeze

Airport Luggage Information

Remember to check with your airline the number, weight, and dimension restrictions for carry-on baggage and checked baggage ahead of time.

Carry-on luggage and requirements in Europe can be smaller than domestic carry on luggage requirements in the States. Additionally, liquid amounts allowed in carry-ons can also be different. Make sure to check those restrictions ahead of time

Travel Checklist

* Items marked with * are mandatory. All other items are optional / suggestions

Documents

- *Passport and Personal ID - Check expiry date! Must have at least 6 months left.
- *Cash and/or Debit/Credit cards -Inform your bank of your travel
- *Transportation tickets -Plane, train, bus, car, etc.
- *Reservations and itineraries
- *Health insurance
- Travel insurance info
- Emergency contacts and important addresses
- You may also want to email yourself and / or print a copy of your passport, driver's license, medical cards, itinerary, Villa address, and contact information. (see "what to expect document" for retreat contact info)

Medical / Travel Health

- *Medications -copies of prescriptions, and over the counter meds you sometimes use
- Allergy medicines
- Pain and fever relievers
- Cold medicines and throat lozenges
- Eyeglasses + Case
- Face masks Masks highly encouraged when traveling
- Hand sanitizer or wipes
- Specialty Snacks and Supplements you can't live without
- Your favorite brand / style of protein powder to add to smoothies
- Personal First Aid Kit - Bandages, gauze, adhesives, etc.
- Multivitamins
- Sunscreen
- Insect Repellent / Sting reliever - There are mosquitos
- Motion sickness pills or bands
- Eye drops
- 2 at home covid19 tests

Travel

Checklist

Training

- *Reusable Water Bottle
- *Training Clothes
 - Tank tops
 - T-Shirts
 - Shorts
 - Aerial training layers - it is best to cover your skin!
 - Leotards
 - Leggings/Tights
 - Trapeze gaiters, or thick socks for ankle protection (week 1)
- *Device for taking photos & training videos
 - Remember to clear up space!
- Personal training props, straps, foam rollers, etc...

Clothes

- Lightweight clothing for layering and sun protection
- Shirts
- Pants and/or shorts
- Socks
- Sweaters (it can get chilly at night)
- Belt
- Pajamas/Sleepwear
- Underwear
- *Comfortable Walking Shoes/Sneakers (for hike)
- Sandals / Flip Flops
- Dress(es)
- Sunglasses / Sunhat
- *Swimsuits or Swim Trunks
- *Beach Towel - The villa does not supply towels for the beach or pool

Toiletry Bag Basics

- *Toothbrush + toothpaste
- Floss
- Mouthwash
- Hair Brush or Comb
- Hair Ties + Barrettes/Bobby Pins
- Deodorant
- Shampoo + Conditioner
- Soap
- Face Wash and/or Makeup Remover Wipes
- Moisturizer
- Lotion
- Lip balm
- Personal Hygiene Items
- Extra Contacts, Solution, and Case

Technology

- International calling capabilities
 - Look into adding this to your mobile phone plan before you arrive
- Mobile device and Charger
- iPad or e-reader + Charger
- Laptop + Charger
- Headphones - you may want wire headphones for the plane
- Camera, memory card, and charger
- Electrical converters and International plug adapters for European plugs

Travel Comfort + Entertainment

- Travel Pillow
- Books and magazines & games