

Packing List for Business Trip



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Toiletries/Bath	
Soap	
Shampoo	
Conditioner	
Make-Up Bag/Shaving Kit	
Hair Products (Gel, Detangler, etc.)	
Comb or Brush	
Sunblock	
Prescription Glasses	
Contact Lenses & Accessories	
Lip Balm with SPF	
Tooth Brush	
Tooth Paste	
Tissues	
Tampons/Maxi-Pads	
Birth Control	
Hair Dryer (Often Provided)	
Other Toiletries/Bath Items:	
Entertainment	
Magazines	
Books	
Book Light	
Tour Guide Books	
Notepad & Pen	
Other Entertainment Items:	
Eating	
Snacks	
Other Eating Items:	
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Medications (Check with Doctor First)	
Constipation Medication (Ex: Miralax)	
Ibuprofin	
Acetaminaphen	
Cold Medicine	
Milk of Magnesia	
Anti-Diarrheal Medicine	
Motion Sickness Medicine	
Sleeping Pills or Melatonin	
Decongestants	
Prescription Medicines	
Birth Control	
Asthma Inhaler	
Daily Vitamins	
Antihistimine	
Other Medications:	
Miscellaneous	
Ear Plugs Lint Roller	
ID/Passport Tickets/Confirmations/Coupons	
Business Cards	
Handheld Garment Steamer	
Other Miscellaneous:	
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