

Travel Safety Gear Packing List

First Aid Kit:

- Adhesive bandages
- Antiseptic wipes
- Pain relievers
- Prescription medications
- Personalized health items (e.g., allergy medication, EpiPen)

Emergency Contact Information:

- List of emergency contacts
- SEmbassy contact information
- Medical information (conditions, allergies)

Communication Devices:

- Fully charged cell phone
- Portable charger/power bank
- GPS device or navigation apps
- Local SIM card or international plan

Personal Safety Items:

- Travel locks
- Whistle or personal alarm
- Self-defense tools (if legal and appropriate)

Weather-Appropriate Gear:

- Clothing for various climates
- Waterproof jacket
- Layers for colder temperatures
- Compact tent or blankets for emergency shelter

Technology and Gadgets:

- Travel insurance details
- Emergency alert apps
- GPS tracking devices for belongings

Safety Training:

- Basic first aid and CPR certification
- Self-defense classes certificate or training acknowledgment