

# First-Time Traveler Packing Checklist

Use this checklist to help you pack smart and feel ready for your first assignment with Vibra Travels!

## Work & Everyday Wear

- Scrubs
- Comfortable work shoes
- Watch (with second hand)
- Casual clothing
- Layers for weather (sweater, jacket, etc.)

## Toiletries & Medications

- Toothbrush and toothpaste
- Deodorant
- Shampoo & personal care items
- Prescription meds with refills
- Over-the-counter medications
- First aid essentials

## Home & Comfort Essentials

- Bath towel & hand towel
- Pillow or favorite blanket
- Personal comfort items (photo, mug, candle)
- Cleaning wipes or small cleaning supplies
- Reusable water bottle or tumbler

## Important Documents

- Government-issued ID
- Licensure & certifications
- Travel contract & onboarding documents
- Emergency contacts
- Insurance information

## Electronics & Extras

- Phone & charger

- Laptop or tablet
- Power bank
- Headphones
- Book, journal, or other downtime items
- Portable workout mat or fitness gear

### **Smart Packing Tips**

- Use packing cubes or compression bags
- Check what's included in housing before packing
- Pack comfort items to help it feel like home