**持ち物チェックリスト（国内旅行用）**

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| **衣類・バッグ類** | | | | | | | |
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|  | □ | スーツケース |  |  | □ | シャツ |  |
|  | □ | インナーバッグ |  |  | □ | 下着 |  |
|  | □ | ポーチ |  |  | □ | 靴下 |  |
|  | □ | ジャケット |  |  | □ |  |  |
|  | □ | ボトムス |  |  | □ |  |  |
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| **洗面用品・化粧品・常備薬** | | | | **貴重品・精密機器** | | | |
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|  | □ | 歯磨きグッズ |  |  | □ | 財布 |  |
|  | □ | 基礎化粧品 |  |  | □ | 鍵 |  |
|  | □ | メーク用品 |  |  | □ | スマートフォン |  |
|  | □ | ヘアケア用品 |  |  | □ | 充電器 |  |
|  | □ | ボディケア用品 |  |  | □ | ビデオカメラ |  |
|  | □ | 目薬 |  |  | □ |  |  |
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| **快適グッズ** | | | | **その他** | | | |
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|  | □ | ネックピロー |  |  | □ |  |  |
|  | □ | アイマスク |  |  | □ |  |  |
|  | □ | 耳栓 |  |  | □ |  |  |
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