

# The Ultimate Packing List

## Travel Documents & Essentials

- Passport (check the expiration date!)
- Visa (if required)
- Travel insurance information
- Flight tickets and itinerary (printed and digital)
- Emergency contact list
- Local currency & credit/debit cards
- Copies of passport and important documents
- If you have specific medical conditions, you may want to have a document of what it is and what medications you take in case you have any medical issues while traveling abroad. It becomes very helpful!

## Clothing (Plan to Mix + Match)

- 7–10 pairs of underwear for a week, if you can't do laundry easily
- Bras (include at least one sports bra)
- Pajamas or sleepwear
- Pants or jeans (and my favorite, yoga pants!)
- Shorts or skirts
- Tops (mix casual and dressy, tank-tops and layers)
- Dresses or rompers
- Light sweater or cardigan
- A warm layer (sweatshirt or jacket)
- 1 rain jacket or travel umbrella
- Swimsuit(s)
- Cover-up or sarong
- Comfortable walking shoes
- Dressy flats or sandals
- Flip flops or shower shoes

## Luggage & Bags

- Carry-on suitcase or checked luggage, obviously! 😊
- Personal item (backpack, tote, or crossbody bag)
- Daypack or foldable travel bag
- Packing cubes or compression bags
- Reusable shopping bag
- Luggage locks and tags

## Toiletries & Personal Care

- Toothbrush, toothpaste, floss
- Hairbrush or comb
- Travel-size shampoo & conditioner
- Body wash, body lotion, soap
- Face wash, face moisturizer, eye cream
- Deodorant
- Sunscreen + SPF lip balm, chapstick
- Razor & shaving cream
- Makeup + remover
- Nail clippers and tweezers
- Feminine hygiene products
- Mini first-aid kit (band-aids, meds, etc.)
- Prescription medications (IMPORTANT TO REMEMBER!)
- Hand sanitizer and wet wipes
- Travel hair dryer, flat iron, curling iron
- Hair ties, clips
- Shower cap

JUST GO SOLO



## Tech & Accessories

- Phone + charger!
- Portable power bank
- Laptop, iPad, Apple watch (reminder if you have them and travel with them)
- Travel adapter/converter
- Headphones or earbuds
- Camera & memory cards (if using a camera instead of your phone)
- Kindle or e-reader
- Travel-size steamer or wrinkle spray
- Charging cords

## Sometimes Forgotten (But Always Handy)

- Travel umbrella
- Cold or allergy medicine
- Travel-size Kleenex or tissues
- Stain remover stick or wipes
- Extra snacks (protein bars, nuts, etc.)
- Journal or notebook
- Pen and highlighter
- Magazine or puzzle book for the plane
- Safety pin or fashion tape
- Extra hair ties or a clip
- Eye drops, nasal spray, ear drops if you will be in water
- Face mist, face wipes, or hydrating spray for flights
- Copy of your travel insurance policy

## Comfort & Extras

- Neck pillow
- Eye mask + earplugs
- Reusable water bottle
- Snacks and gum
- Book or journal
- Ziplock bags (for wet clothes or organizing items)
- Small laundry detergent or stain remover
- Mini sewing kit or fashion tape
- Travel laundry bag
- Consider a nasal sanitizer (Nozin) or saline spray for the flight
- Vitamins and supplements to keep you healthy
- Bug repellent wipes (easy to travel with)
- A hat, beach hat or visor
- Cozy socks or lightweight slippers (check out Snoozies)
- Electrolyte packets
- Your own pillowcase if sensitive to certain laundry detergents (tip: you can put your dirty clothes in it when you pack at the end of your trip)

## Final Tip

- Don't forget to check the weather at your destination before you pack
- Always leave room for souvenirs (and impulse shopping). You can always pack a collapsible bag to carry back.
- When in doubt, pack it if it makes your trip more comfortable and confident

