



Packing List

DOCUMENTS & MONEY

- ☐ Keep a backup card and emergency cash apart from your wallet
- ☐ Leave your itinerary, emergency contacts and a passport copy with someone at home
- ☐ Wallet with ID, driver's licence, health insurance card and payment cards
- ☐ House and car keys, in your carry-on

CLOTHING

- ☐ Underwear ×8
- ☐ Socks ×6
- ☐ Tops ×6
- ☐ Trousers, skirts or shorts ×3
- ☐ Comfortable walking shoes
- ☐ Light layer (sweater or hoodie)
- ☐ Sleepwear
- ☐ One smart outfit and shoes for a dinner out
- ☐ Flip-flops or shower sandals
- ☐ Swimsuit
- ☐ Sunglasses
- ☐ Belt

GEAR & ACTIVITY

- ☐ Reusable water bottle
- ☐ Daypack
- ☐ Zip bags in a few sizes
- ☐ Packable tote or shopping bag
- ☐ Laundry bag for dirty clothes
- ☐ Luggage tags and a lock
- ☐ Packing cubes
- ☐ Small flashlight or headlamp

EXTRAS

- ☐ Snacks and gum for the journey
- ☐ Book or e-reader

TECH & ACCESSORIES

- ☐ Phone charger, with USB-C and USB-A cables
- ☐ Power bank, in your carry-on (never in a checked bag)
- ☐ Headphones or earbuds (noise-canceling for flights)
- ☐ Laptop or tablet and charger (if you bring one)
- ☐ Multi-port USB charger or short extension cord
- ☐ Camera with a spare battery and memory card

HEALTH & SAFETY

- ☐ Toothbrush, toothpaste and floss
- ☐ Toiletry bag: deodorant, shampoo and conditioner, body wash, razor
- ☐ Prescription medication and daily vitamins (with a copy of the prescription)
- ☐ Glasses or contacts, solution, eye drops and a spare pair (if you wear them)
- ☐ Hairbrush or comb, and hair products
- ☐ Face wash and moisturizer
- ☐ Makeup and makeup remover (if you wear it)
- ☐ Basic meds: pain relief, antidiarrheal, antacid, antihistamine, cold medicine
- ☐ Small first-aid kit
- ☐ Hand sanitizer
- ☐ Travel wet wipes
- ☐ Earplugs
- ☐ Sleep eye mask
- ☐ Lip balm with SPF
- ☐ Nail clippers, nail file and tweezers
- ☐ Period products (if you need them)
- ☐ Contraception (if you use it)
- ☐ Blister plasters and anti-chafe balm
- ☐ Sunscreen (SPF 30+)
- ☐ Perfume or cologne (if you wear it)
- ☐ Motion-sickness tablets or bands