

# Packing Checklist



How to pack in a CARRY-ON, no matter the weather, destination, length, or time of year!

## Tops

- 6 tees & tanks \_\_\_\_\_
- 2 long sleeve shirts \_\_\_\_\_
- 1 athletic top \_\_\_\_\_
- 1 pair of pajamas \_\_\_\_\_

*Pick neutral colors or your favorite patterns.  
Pack one nicer top as well.*

## Bottoms

- 1 pair of jeans \_\_\_\_\_
- 1 pair of hiking pants \_\_\_\_\_
- 2 pair of shorts \_\_\_\_\_
- 1 pair of leggings \_\_\_\_\_
- Ladies: 1 skirt/dress \_\_\_\_\_

*Bring dark-colored bottoms because they're easier to re-wear.*

*Only pack athletic clothes if you plan to exercise or hike.*

## Basics

- 6 pairs of underwear \_\_\_\_\_
- 1 pair of warm socks \_\_\_\_\_
- 1 pair of hiking socks \_\_\_\_\_
- 4 pairs of everyday socks \_\_\_\_\_
- Ladies: 2 bras \_\_\_\_\_
- Ladies: 1 sports bra \_\_\_\_\_
- Ladies: fabric pads/menstrual cup \_\_\_\_\_

*Bring one nicer outfit for dinner...you won't regret it!*

*Plan to do laundry every 3-4 days so you don't run out of basics.*

## Shoes

- 1 pair of everyday walking shoes \_\_\_\_\_
- 1 pair of athletic hiking shoes \_\_\_\_\_
- 1 pair of sandals \_\_\_\_\_

*Warm socks double as slippers!*

*Stick with 3 pairs of shoes. You really don't need more than that!*

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## Layers

- 1 sweatshirt \_\_\_\_\_
- 1 cardigan \_\_\_\_\_
- 1 warm coat \_\_\_\_\_
- 1 rain jacket \_\_\_\_\_
- 1 baseball hat \_\_\_\_\_
- 1 warm hat \_\_\_\_\_
- 1 pair of gloves \_\_\_\_\_
- 1 buff \_\_\_\_\_

*Opt for a light layer (cardigan) and warm layer (sweatshirt).*

*We don't go anywhere without our rain coats. They're always stashed in our day backpack.*

*A buff = scarf, headband, face mask, + spf protection!*

## Toiletries

- Toothbrush, toothpaste, floss \_\_\_\_\_
- Hairbrush & accessories \_\_\_\_\_
- Contacts & glasses \_\_\_\_\_
- Shampoo, conditioner, lotion \_\_\_\_\_
- Deodorant \_\_\_\_\_
- Makeup \_\_\_\_\_
- Medicine & supplements \_\_\_\_\_
- Other \_\_\_\_\_

*What toiletries do you use everyday? Pack those!*

*Pack the essentials, buy the non-essentials once you arrive.*

## Miscellaneous

- Sunglasses \_\_\_\_\_
- Jewelry \_\_\_\_\_
- Reusable grocery bags \_\_\_\_\_
- Laundry bags \_\_\_\_\_
- Foam laundry sheets \_\_\_\_\_
- Thank you notes & pens \_\_\_\_\_
- Water bottle \_\_\_\_\_
- Hand sanitizer \_\_\_\_\_
- Packing cubes \_\_\_\_\_
- Mint gum \_\_\_\_\_
- Face masks \_\_\_\_\_
- Packable day backpack \_\_\_\_\_
- Ziplocks/containers \_\_\_\_\_
- Favorite spice \_\_\_\_\_
- Sewing kit \_\_\_\_\_

*Laundry bags are perfect for delicates or carrying clothes to/from a laundry room.*

*Opt for a filter water bottle so you never have to wonder about clean water.*

*Mint gum is nice for fresh breath or when you're nauseous.*

*A packable backpack and containers are perfect for picnics!*

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## Technology

- Laptop & cords \_\_\_\_\_
- Camera & cords \_\_\_\_\_
- Phone & cords \_\_\_\_\_
- Portable charger \_\_\_\_\_
- Hard drive & cords \_\_\_\_\_
- Headphones \_\_\_\_\_
- Selfie stick/tripod \_\_\_\_\_
- Travel plugs/adapters \_\_\_\_\_
- \_\_\_\_\_

*Make sure you have a secure laptop password.*

*Try One Password as a password keeper.*

*We recommend using a VPN to keep your info secure.*

## Travel Documents

- Passports \_\_\_\_\_
- International driver's license \_\_\_\_\_
- Health insurance \_\_\_\_\_
- Credit & debit cards \_\_\_\_\_
- USB drive \_\_\_\_\_
- Other \_\_\_\_\_

*Save all of your documents on a secure USB drive, then stash one at home + in each of your bags.*

*See if you need an international driver's license for your destination.*

## Extras & Notes

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