

Clothes & Shoes

Health & Beauty

Packing & Travel Kit

Active Wear

- Running shorts*
- Quick dry t-shirt*
- Sports bra*
- Sports socks*
- Running shoes*
- Hiking boots



Shoes

- Everyday walking shoes*
- Boots
- Sandals
- Flip-flops*
- Folding ballet flats*
- Heels



Clothes

- Jeans / trousers*
- Leggings*
- Shorts*
- Skirts
- Dresses*
- Casual tops*
- Smart tops*
- T-shirts
- Long sleeve tops
- Cardigan / jumper*
- Tights
- Belt



Cold Wear

- Windbreaker / jacket*
- Base layer top*
- Base layer bottoms
- Fleece*
- Hat
- Gloves
- Scarf*



Packing List



Underwear

- Knickers / Panties*
- Bras*
- Pyjamas*
- Socks



Beachwear

- Bikini / swimsuit*
- Sarong*
- Beach dress
- Sun hat



First Aid

- Prescription medication*
- Anti-malarial pills
- Headache pills
- Anti-inflammatory pills
- Antihistamines
- Decongestant
- Imodium
- Motion sickness pills
- Antacid
- Sleeping pills
- Antiseptic cream
- Flight ear plugs
- Rehydration salts
- Antibacterial hand gel*
- Plasters / Band aids
- Anti-fungal foot cream



Health

- Sunscreen*
- Mosquito repellent*
- Tiger balm
- Foot file
- Elizabeth Arden 8-hour cream*
- Contact lenses*
- Contact lens solution*
- Contact lens case*
- Glasses*
- Glasses case*
- Tweezers
- Nail scissors
- Contraception*
- Tampons / sanitary pads*
- Menstrual cup*



Toiletries

- Shampoo*
- Conditioner*
- Soap / shower gel*
- Soap holder*
- Deodorant*
- Toothbrush*
- Toothpaste*
- Dental floss*
- Razor*
- Shaving foam
- Hair bands*
- Hair styling products
- Travel hair dryer
- Travel straighteners
- Body moisturiser*
- Q-tips / cotton buds*
- Travel tissues*



Make-up

- Face moisturiser*
- Lip balm*
- Face make-up
- Concealer*
- Mascara*
- Eye shadow
- Eye liner*
- Lip / cheek stain*
- Lipstick
- Make-up remover
- Nail polish
- Nail polish remover
- Compact mirror
- Perfume*
- Jewellery



Essentials

- Ear plugs*
- Eye mask
- Umbrella
- Sunglasses*
- Collapsible water bottle*
- Swiss Army knife
- Padlock*
- Torch
- Sewing kit
- Sleep sheet
- Travel towel
- Travel bike lock
- Spork
- Ziplock bags
- Travel chopsticks
- Travel iron
- Inflatable pillow
- Laundry detergent
- Travel washing line
- Deck of cards
- Reading books
- Religious items*



Documents

- Passport*
- Driving licence*
- Visas*
- Passport photos*
- Travel insurance details*
- Vaccination record*
- Yellow Fever certificate*
- Optician prescription*
- Credit and debit cards*
- Currency*
- Tickets / booking confirmations*
- Discount / loyalty cards*
- Contact list (bank/insurance/family)*



Electronics

- Laptop + charger
- Tablet + charger
- Phone + charger*
- eReader + charger*
- Camera + charger
- Memory card
- External hard drive
- USB drive
- Portable battery + charger*
- Plug adaptors*
- Headphones*
- SIM card holder



Planning

- Guide books
- Diary
- Pens*
- Journal*



Packing

- Wallet*
- Airline liquids bags*
- Packing cubes
- Foldable backpack*
- Dry sack
- Laundry bag
- Toiletries bag*
- Make-up bag*
- Document organiser*
- Bank bags for currency
- Money belt



To Do

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My Stuff

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Bags

- Main suitcase / backpack*
- Cross-body handbag / purse*
- Day pack
- Evening bag



*if you're packing light/carry-on only
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