



PACKING CHECKLIST

My packing list doesn't change much from one trip to the next. It will vary depending on the weather of the destination, and I always try to eliminate things I haven't used on previous trips. In general, this is my standard packing list, including items I wear on that won't necessarily be in the bag. Some items only apply to women, so if you're a man, just ignore those. At the same time, don't forget to include items that I haven't mentioned that only apply to men. Ladies, if you prefer to wear skirts or dresses, please adjust the clothing list to your preferences.

Clothing

- ☐ 5-7 shirts (short sleeve for warm weather trips, long sleeve for cold weather trips)
- ☐ 1 pair of jeans (I might bring two for a cold weather trip longer than a week)
- ☐ 2 pairs of shorts (for warm weather trips)
- ☐ Something to sleep in (for me this means gym-style pants or shorts and a t-shirt)
- ☐ 4-5 pairs of socks
- ☐ 8-10 pairs of underwear
- ☐ 2 bras
- ☐ 1 pair of sneakers
- ☐ 1 pair of flip-flops (for warm weather trips or if I'm staying in hostels, for the showers)
- ☐ 1 pair of sandals (for warm weather trips)
- ☐ 1 bathing suit (for warm weather trips)
- ☐ 1 long sleeve shirt or sweatshirt in case it's cold on the plane/train/bus
- ☐ 1 hat (winter hat for cold weather trips, baseball cap for warm weather places to keep the sun off my face)

Toiletries (all liquids are 3.4 ounces/100ml or smaller)

- ☐ Shampoo
- ☐ Conditioner
- ☐ Contact solution and contact case
- ☐ Toothbrush and toothpaste
- ☐ Lotion
- ☐ Razor
- ☐ Deodorant
- ☐ Bar soap
- ☐ Hair-brush
- ☐ Nail clippers (not nail scissors)
- ☐ Nail file
- ☐ Minimal amount of make-up (depending on the trip, I might not take any)

Medical items

- ☐ Prescription medications (more than the amount needed for the length of the trip)
- ☐ Wound ointment
- ☐ Paracetamol (generic Tylenol or equivalent)
- ☐ Tiger Balm

Electronics

- ☐ Laptop, cord, external hard drive (I take this in order to keep up with writing and blogging, but you might not need to travel with a laptop)
- ☐ Camera, extra battery and charger
- ☐ 2 camera memory chips

- ☐ Kindle and cord
- ☐ iPhone, iPod and one cord
- ☐ Plug adapters
- ☐ Hair dryer (only if traveling where I won't need a plug adapter since hair dryers don't convert voltage like other electronics)

Miscellaneous

- ☐ Sunglasses
- ☐ Beach towel (only if I know I will be swimming and no towels are provided; sometimes worth buying one when you arrive)
- ☐ Sunscreen (depends on the trip)
- ☐ Bug spray (depends on the trip)
- ☐ Tissues
- ☐ Glasses
- ☐ Passport (when traveling internationally)
- ☐ Immunization booklet (depends on the trip)
- ☐ Pen and paper
- ☐ Flashlight (just a small one, which comes in handy at night or in countries where the electricity isn't so reliable)
- ☐ Padlock (so I can lock up my stuff if I will be staying in a hostel dorm)
- ☐ Wallet, money, credit and ATM cards
- ☐ Print-outs of tickets, reservations and directions
- ☐ Extra zip-top bags (in case my liquids bag rips and for lots of other things along the way)
- ☐ A plastic shopping bag or two (useful for packing a wet bathing suit, dirty shoes and lots of other things)
- ☐ Scanned copies of passport, ID, credit and ATM cards, as well as the contact phone numbers in case they get lost or stolen. (This isn't physically packed with me, but I scan and email the copies to myself so I can access it anywhere.)