

THE ULTIMATE TRAVEL PACKING LIST

What to pack for vacation, business and adventure

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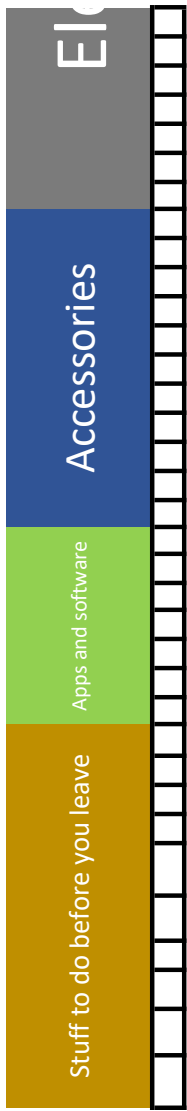
CATEGORY	X	ITEM	QUANTITY	NOTES
The absolute essentials		Passport	1	
		Boarding passes	1	
		Money (cash)	1	
		Wallet or purse	1	
		Visa	1	
		Credit cards and ATM cards	1	
		Insurance card	1	health and travel insurance
		List of medications	1	
		Emergency contact information	1	
		ID (driver's license or something else official)	1	
		Itinerary	1	leave a copy of this with a loved one too
		Copies of important documents	1	store this in a separate bag just in case the other one gets lost
		Extra passport photo	1	you may need this on arrival for a visa, its always good to have one on you
		Frequent flyer cards	1	
		Reservation documents	1	hotels, hostels, AirBnb etc.
		Vaccinations and yellow fever card	1	you'll need this for many countries
		Pen	2	
		Keys	1	
		Glasses or contact lenses	1	
	Luggage and bags		Sunglasses	1
		Watch	1	
		A mid size checked bag	1	
		Maximum size carry-on bag	1	take note of your airline's size restrictions
		A personal item	1	I like a backpack, but ladies will prefer a purse
		A passport wallet	1	
		A change purse	1	especially if you are going to Japan, believe me
		A 3-1-1 toiletries kit	1	see through and only 1 quart to pass through TSA
		Socks	1	
		Underwear	7	
		T-shirts / undershirts	7	
		Sweater	2	
		Hoodies	2	
		Pants	3	
		Shorts	1	
		Rain jacket	1	
		Pyjamas	1	
		Jeans	2	
		Dress pants	1	
		Swimsuit	1	
Clothes		Hat	1	
		Gloves	1	if the weather calls for it
		Belt	1	
		Cardigan	1	
		Workout clothes	1	
		Fleece	1	
		Button up shirts	2	
		Suit jacket / Blazer	1	
		Ties	2	
		Bras	5	
		Dresses	3	
		Skirts	2	
		Scarf	2	a very handy item for all kinds of circumstances, bring a couple
		Panty hose	2	
		Leggings	2	
		Yoga pants	1	
		Flip flops / sandals	1	

Footwear

Toiletries

electronics

Casual shoes	1	
Hiking shoes	1	
Walking shoes	1	
Athletic shoes	1	
Work shoes (formal)	1	
Boots	1	
Flats	1	
High heels	1	
Reusable liquid containers	1	GoToobs are our favorite
Toothbrush	1	
Toothpaste	1	
Dental floss	1	
Deoderant / Antiperspirant	1	
Moisturizer	1	face and body
Soap or shower gel	1	
Medications	1	
Diarrhea, laxatives	1	
Cold and flu	1	
Multivitamins	1	
Sleeping aids	1	
Malaria medication	1	if you in a tropical country with malaria
Any prescription medications	1	Ciproflaxin etc.
Shampoo / Conditioner	1	get a two in one to save room
Brush / comb	1	
Hair products	1	
Sunscreen	1	
Bandages	5	
Advil / Tylenol / other pain medication	1	
Contact lenses and solution	1	
Shaving cream	1	
Razor for shaving	1	
Makeup	1	
Makeup remover	1	
Insect repellent	1	
Hand sanitizer	1	
Laundry soap	1	
Face wash/cleanser	1	
Feminine hygiene products	1	
Birth control	1	that means you too boys!
Tweezers	1	
Nail clippers	1	
Lip balm	1	
Disinfectant wipes	1	these are a life saver
Q-tips	1	
Cologne	1	
Tissues	1	
Sunburn relief	1	
Eye drops	1	
Laptop	1	
Phone (unlocked)	1	
iPad / tablet	1	
USB battery	1	
USB charger	2	
Chargers for everything	1	including your laptop
Power adapter	1	
Camera	1	again, do you really need this?
Tripod	1	
Selfie stick	1	ughhhhh...
Extra memory cards	1	
Flashlight	1	
Head lamp	1	
Earbuds	1	



Noise canceling headphones	1	
e-reader	1	
Travel speakers	1	
Hair dryer	1	
Hair straightener	1	
USB flash drive	1	
Power strip	1	especially for those working overseas
Pack towel	1	a lifesaver in sketchy hostels
Packable duffel bag	1	
Packing cubes	3	
Dry bags	1	
Jewelry	1	
Ear plugs	2	sets
Eye mask	1	
Laundry bag	1	
Umbrella	1	
Plastic bags (ziplock)	4	put these in different bags just in case
Sewing kit	1	a small one that fits in your toiletry bag
Offline maps app	1	We love Google Maps and the TripAdvisor city guides for this
AirBnb	1	
Language apps	1	Google Translate or other specialty language apps
Guidebook(s)	1	
A bunch of music	1	available offline
A few good books	2	
Notes on your trip	1	Google Keep, Evernote, Microsoft One Note etc
Notify your bank about your travel plans	1	
Put a pin code on your credit card	1	You can do this by calling your bank
Get all necessary immunizations	1	See a travel medicine doctor
Check baggage restrictions for your airline	1	
Check visa regulations and apply for visas beforehand if necessary	1	
Get someone to water your plants and feed your pet!	1	
Leave itinerary with a loved onebus	1	
Put lights on a timer at your house	1	
Arrange for a neighbor to check up on your house while you are away	1	
Put on your out of office email reminder at work	1	and stop thinking about work