

PACKING LIST

for a trip of a lifetime



This list is a starting point—add/subtract from it as you see fit.



Clothing

- | | |
|--|---|
| <input type="checkbox"/> pants (<i>jeans, fancy</i>) | <input type="checkbox"/> undershirts |
| <input type="checkbox"/> shorts | <input type="checkbox"/> bras |
| <input type="checkbox"/> skirts/dresses | <input type="checkbox"/> pantyhose/tights |
| <input type="checkbox"/> dress shirt or nice sweater (<i>men</i>) | <input type="checkbox"/> sleepwear |
| <input type="checkbox"/> t-shirts | <input type="checkbox"/> jacket |
| <input type="checkbox"/> collared shirts | <input type="checkbox"/> raincoat |
| <input type="checkbox"/> long-sleeved shirts | <input type="checkbox"/> swimsuit |
| <input type="checkbox"/> warm layers (<i>sweaters, sweatshirts, etc</i>) | <input type="checkbox"/> athletic clothes |
| <input type="checkbox"/> underwear | |
| <input type="checkbox"/> socks | |



Toiletries

- | | | |
|---|---|---|
| <input type="checkbox"/> makeup | <input type="checkbox"/> shampoo | <input type="checkbox"/> contact solution |
| <input type="checkbox"/> makeup remover | <input type="checkbox"/> conditioner | <input type="checkbox"/> shaving cream |
| <input type="checkbox"/> tissues | <input type="checkbox"/> washcloth | <input type="checkbox"/> razor |
| <input type="checkbox"/> toothbrush | <input type="checkbox"/> hairbrush | <input type="checkbox"/> lotion |
| <input type="checkbox"/> toothpaste | <input type="checkbox"/> comb | <input type="checkbox"/> perfume/cologne |
| <input type="checkbox"/> floss | <input type="checkbox"/> hair accessories | <input type="checkbox"/> feminine hygiene |
| <input type="checkbox"/> mouthwash | <input type="checkbox"/> hair dryer | <input type="checkbox"/> hand wipes |
| <input type="checkbox"/> body wash | <input type="checkbox"/> hair curler/straightener | <input type="checkbox"/> cotton balls |
| <input type="checkbox"/> face wash | <i>(or other styling products or tools)</i> | <input type="checkbox"/> tweezers |
| <input type="checkbox"/> moisturizer | <input type="checkbox"/> sunscreen | <input type="checkbox"/> lint roller |
| <input type="checkbox"/> bug spray | <input type="checkbox"/> lip balm/chapstick | |
| <input type="checkbox"/> soap | <input type="checkbox"/> contact lenses | |
| <input type="checkbox"/> deodorant | <input type="checkbox"/> contact case | |



Important Documents

- | | |
|---|--|
| <input type="checkbox"/> passport/visa (<i>and photocopies</i>) | <input type="checkbox"/> list of important numbers |
| <input type="checkbox"/> ID card | <i>(passport and visa #s, emergency contact list, medical insurance card & info, overseas numbers for banks and credit cards, PIN numbers, etc.)</i> |
| <input type="checkbox"/> credit card | |
| <input type="checkbox"/> cash | |
| <input type="checkbox"/> travel guidebook/maps | |

Packing Tips:

1. Bring some clothes and other essentials in your carry-on in case your checked bag is delayed.
2. If you can't bear to lose it, don't bring it!



Footwear

- | | |
|---|---|
| <input type="checkbox"/> casual shoes | <input type="checkbox"/> flip flops/sandals |
| <input type="checkbox"/> athletic/walking shoes | <input type="checkbox"/> slippers |
| <input type="checkbox"/> dress shoes | |



First Aid

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> Band-Aids | <input type="checkbox"/> antacids |
| <input type="checkbox"/> disinfectant | <input type="checkbox"/> earplugs |
| <input type="checkbox"/> aspirin/painkiller | <input type="checkbox"/> cotton swabs |
| <input type="checkbox"/> necessary medication | |



Accessories

- | | |
|-------------------------------------|------------------------------------|
| <input type="checkbox"/> umbrella | <input type="checkbox"/> scarves |
| <input type="checkbox"/> sunglasses | <input type="checkbox"/> dress tie |
| <input type="checkbox"/> bags | <input type="checkbox"/> belts |
| <i>(backpack, purse, etc)</i> | <input type="checkbox"/> jewelry |
| <input type="checkbox"/> hats | <input type="checkbox"/> glasses |
| <input type="checkbox"/> gloves | <i>(all-purpose or reading)</i> |



Misc

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> sleeping mask | <input type="checkbox"/> plastic bags |
| <input type="checkbox"/> travel pillow & blanket | <input type="checkbox"/> laundry bag |
| <input type="checkbox"/> flashlight & batteries | <input type="checkbox"/> mirror |
| <input type="checkbox"/> sewing kit | |



Technology & Entertainment

- | | |
|---|---|
| <input type="checkbox"/> alarm clock/watch | <input type="checkbox"/> laptop & charger |
| <input type="checkbox"/> journal, pens | <input type="checkbox"/> camera & charger |
| <input type="checkbox"/> (a) good book/s | <input type="checkbox"/> mp3 player & charger |
| <input type="checkbox"/> cell phone & charger | <input type="checkbox"/> headphones |