



Ultimate Packing Guide



Essentials

- ❑ Passport + visa copies
- ❑ Travel insurance documents
- ❑ Flight tickets (paper/digital)
- ❑ Wallet (with multiple cards and backup cash)
- ❑ Phone + charger
- ❑ International SIM card or eSIM setup
- ❑ Travel adapter + power strip (universal plug)
- ❑ Small day backpack
- ❑ Reusable water bottle
- ❑ Sunglasses
- ❑ Lightweight travel towel
- ❑ Combination locks for bags



Electronics

- ❑ Smartphone
- ❑ E-reader or tablet (for books/movies)
- ❑ Camera + spare memory cards (optional)
- ❑ Laptop (only if necessary)
- ❑ Headphones (noise-canceling if possible)
- ❑ Portable charger/power bank



Clothing (Layered + Mix & Match)

- ❑ 5–7 T-shirts or tops (quick-dry preferred)
- ❑ 1–2 casual shirts/blouses
- ❑ 2 pairs of lightweight pants
- ❑ 1 pair of leggings or joggers (wear on flights and bus rides)
- ❑ 2 pairs of shorts
- ❑ 1 dress/skirt (optional, for nice dinners)
- ❑ 1 light jacket, fleece or hoodie (Trains and busses get chilly)
- ❑ 1 packable rain jacket or poncho
- ❑ 7–10 pairs of underwear
- 3–5 pairs of socks (if you are like me and live in sneakers pack 5-7 pairs)
- ❑ 1 pair of comfortable walking shoes
- ❑ 1 pair of flip-flops/sandals
- ❑ Sleepwear (breathable fabric)
- ❑ 1 Pair of sport shirt and shorts
- ❑ 1-2 pairs of Swimwear
- ❑ 1 hat (don't get a heat stroke)

 Tip: Choose versatile, neutral colors that layer well!





Toiletries

- ☐ Toothbrush, toothpaste, floss
- ☐ Shampoo and conditioner
- ☐ Soap/body wash
- ☐ After Sun
- ☐ Deodorant
- ☐ Razor and shaving cream
- ☐ Nail clippers
- ☐ Hairbrush or comb
- ☐ Small microfiber towel
- ☐ Minimal makeup kit (optional)
- ☐ Sunscreen
- ☐ Lip balm with SPF
- ☐ Basic first aid kit (band-aids, antiseptic wipes, painkillers, motion sickness pills)
- ☐ Prescribed medications (bring enough for the trip!)



Travel Extras

- ☐ Packing cubes or compression sacks (game-changers!)
- ☐ Dry bag (for beach days or boat rides)
- ☐ Laundry bag
- ☐ Small sewing kit
- ☐ Quick-dry travel laundry detergent

