

Adapt this guide based on your personal needs, the duration of your trip, and the specific requirements of your destination. Travel-sized or mini versions of these items are often more convenient for packing. A comprehensive packing guide ensures you have all the essentials for a comfortable and well-prepared journey. Consider including the following items:



Roll clothes, use packing cubes, limit shoes, plan 'mix n match' outfits

TOILETRIES	CLOTHING	MAKEUP	ACCESSORIES			
☐ Sunscreen ☐ Lip Balm ☐ Insect Repellent ☐ Mouthwash ☐ Toothpaste ☐ Toothbrush ☐ Dental Floss ☐ Contact Lenses ☐ Eye Glasses ☐ Sanitary Napkins ☐ Shampoo ☐ Conditioner ☐ Soap ☐ Towel ☐ Brush ☐ Hair Styling ☐ Hair Ties/Clips ☐ Deodorant ☐ Face cleanser ☐ Moisturiser ☐ Skin Care ☐ Perfume ☐ Hair Removal ☐ Shower Cap ☐ Nail Clippers ☐ Nail File ☐ Tweezers ☐ Toiletry Bag ☐ Hair Dryer ☐ ☐ ☐	☐ Sun Hat ☐ Rain Poncho ☐ Compression Socks ☐ Underwear/Bra ☐ Socks/Stockings ☐ T-shirts/Tops ☐ Long Sleeve Shirts ☐ Jeans/Trousers ☐ Leggings/Pants ☐ Shorts ☐ Skirts ☐ Dress ☐ Formal Wear ☐ Swimwear ☐ Sweater ☐ Jacket ☐ Scarf ☐ Shawl ☐ Sleepwear ☐ Gym/Workout Wear ☐ Belt ☐ Jewellery ☐ Gloves ☐ Beanie ☐ Windbreaker ☐ Vest ☐ Thermal Layers ☐ UV Protection Layers ☐ Beach Cover Up ☐ ☐ ☐	☐ Primer ☐ Foundation ☐ Concealer ☐ Powder ☐ Blush/Bronzer ☐ Eyeshadow Palette ☐ Eyeliner ☐ Mascara ☐ Eyebrow pencil ☐ Lipstick/Gloss ☐ Makeup Brushes ☐ Makeup Remover ☐ Cotton Swabs/Pads ☐ Setting Spray ☐ Mirror ☐ Cosmetic Bag ☐ ☐ ☐ <th>SHOES</th> ☐ Flip Flops ☐ Trainers ☐ Heels ☐ Sandals ☐ Hiking Shoes ☐ ☐ ☐ <th>SECURITY</th> ☐ Personal Alarm ☐ Door Alarm Stop ☐ Bra Wallet ☐	SHOES	SECURITY	☐ Clothes Pegs ☐ Sink Plug ☐ Washing Line ☐ Sewing Kit ☐ Knife ☐ Water Bottle ☐ Mini Carabiner ☐ Umbrella ☐ Food Storage ☐ Cutlery Set ☐ Bottle Opener ☐ Hat Clip ☐ Glasses Chain ☐ Glasses Case ☐ Playing Cards ☐ Travel Hangers ☐ Travel Neck Pillow ☐ Foot Hammock ☐ Coffee Espresso ☐ Air Conditioner ☐ Air Purifier ☐ Neck Fan ☐ Torch ☐ <th>LUGGAGE</th> ☐ Add a Bag ☐ Combination Lock ☐ Travel Scales ☐ Cable Ties/Duct Tape ☐ Luggage Belt ☐ Identification Tags ☐	LUGGAGE
ELECTRONICS	DOCUMENTATION	PERSONAL CARE	BAGS			
☐ Binoculars ☐ AirTag Cover ☐ Phone ☐ Phone Charger ☐ Laptop ☐ Laptop Charger ☐ Tablet ☐ Watch ☐ Watch Charger ☐ SIM Card Remover ☐ Universal Adapter ☐ Portable Charger ☐ Camera & Access. ☐ Tripod ☐ Noise-cancelling Headset ☐ Kindle/eBook Reader ☐ Portable Speaker ☐ Router/Wi-Fi Hotspot ☐ USB Flash Driver ☐ Drone ☐	☐ Medication Prescriptions ☐ Health Insurance ☐ Passport ☐ Itinerary ☐ Visas ☐ Emergency Contact ☐ Vaccination Records ☐ Hotel Confirmation ☐ Drivers Licence ☐ Student/Work Ident. ☐ SIM card/Roaming Plan ☐ Maps/Guide Books ☐ Travel/Language Apps ☐ Transportation Tickets ☐ Passwords ☐ Cash/Money ☐ Journal/Notebook ☐ Embassy Information ☐ Credit Card ☐ ☐ ☐	☐ Medication ☐ Vitamins ☐ Urination Funnel ☐ Toilet Seat Cover ☐ Soap Paper ☐ Laundry Detergent ☐ First Aid Kit ☐ Hand Sanitiser ☐ Bedding/Sheets/Liner ☐ Sleeping Hair Cap ☐ Ear Plugs ☐ Anti-Motion Wrist Band ☐ Sleep Mask ☐ ☐ ☐ ☐ ☐ ☐	☐ Makeup Organiser ☐ Sanitary Napkin Bag ☐ Toiletry Bag ☐ Dry Sacks ☐ Laundry Bag ☐ Packing Cubes ☐ Garment Bag ☐ Jewellery Organiser ☐ Digital Accessory Bag ☐ Passport Holder ☐ Cross Body Bag ☐ Foldable Tote Bag ☐ Laptop Bag ☐ Day Pack ☐ Money Belt ☐ Pill Box ☐ Wallet ☐ ☐ ☐ ☐			