Printable Travel Packing Checklist:

Before traveling, pack everything you think you’ll need and cut the quantity in half. Bring clothes that you don’t mind leaving behind, then, buy more along the way. Packing light is the best way to save on transportation fees to ensure that your most precious cargo makes it aboard that prop-plane to Timbuktu.

**Clothing**

Pack clothing that you wear in life. This seems like a no-brainer, but it is important to bring clothes that are worn in and that you are comfortable wearing.

- Athletic shoes, collapsible
- Bathing suit
- Fingerless gloves
- Handkerchief — to shield your neck from sun exposure
- Jeans
- Long sleeve t-shirt(s)
- **Neoprene clothing, especially shirt(s)** — Neoprene dries very quickly and is extremely convenient during action-packed trips that leave no time for laundry! Laundry service is also very expensive abroad.
- Nylon belt
- Nylon pants
- Raincoat — rainy or sunny destination, you will almost always need one!
- Rain shoes
- Sandals / flip flops
- Scarf (lightweight)
- Socks of various lengths
- Sports bra [ladies!] — you’ll need it when you decide to join a last minute horse or bicycle trek through the backwoods of [insert your dream location here].
- Underwear with wicking — staves off chafing on active trips – man or woman, chafing sucks.
- Walking shoes that are worn in
- Zip-up sweatshirt

**Personal Care**

- 3 oz. each: face wash, shampoo, conditioner, soap, body lotion and other daily personal care items. (TSA-approved size)
- Allergy medicine
- Antacids
- **Antibacterial hand wipes** — they can become your shower, toilet paper, hand-sanitizer, first aid kit...
- Backup contact lenses or glasses
- †*Ciprofloxacin* — for stomachs in knots and general chaos
- Deodorant
Dramamine — or other motion sickness medicine
Earplugs — for flying, train and bus rides...
EmergenC or Airborne — for improved immunity
Eyewash and/or drops
Feminine hygiene supplies
First aid kit
Hair products
Ibuprofen
Insect repellent
Lip balm with sunscreen
*Moleskin or Second Skin — for blister relief
Nail file / nail clippers — kept in checked luggage
Moleskin Notebook
Prescriptions — and other medication
Protein bars and other snacks — it is important to have food on hand that is packed with protein to fill you with energy when there is no food in sight (or when your food options can’t be trusted.) Energy bars and almonds pack easily and last for many weeks without refrigeration.
Scissors, small — kept in checked luggage
Sewing kit
Shaving supplies
Sunblock
Toothbrush / paste
Tweezers

**Documents**

Passport
Emergency contact information
Travel insurance
“Yellow card” of up-to-date vaccinations
Photocopies of passport and credit cards (front and back) — one copy well hidden in your checked luggage and one left behind with family or friends.

**Gadgets / Electronics**

Alarm clock
Binoculars (lightweight)
Compass
Flashlight / headlamp
iPad or tablet / charger
Laptop / charger
MP3 player / charger
*Multiple memory cards — bring several, or even better, bring a smart transfer system for media management. Transfer photos to laptop or iPad and keep shooting with the same memory card!
Outlet converters (we love the Universal World Wide Travel Charger)
† PacSafe wire computer safe
TSA-approved lock[s]
USB key / flash drive

Gear

Duct tape – you don’t need to bring a full roll, just unravel three feet and wrap it around four fingers and compress. Unravel as needed.

Day pack – Tip: if wearing a backpack in a busy location, have both zipper tags sit at the bottom – not the top – so it is more difficult for petty thieves to open from the top down in crowded spaces.

*Empty duffle bag, medium size placed inside regular checked luggage — especially useful when traveling through customs. Fill it with all foreign items, souvenirs, etc., when returning home. This way, customs officials only have to look in one place.

Guidebooks and maps – store info in your phone (or other electronic device) to conserve space and lighten luggage weight

Laundry sack — to separate dirty clothes from clean clothes in your luggage

Lightweight suitcase – save yourself trouble while on the go: at the airport, when alone, with hotel personnel, etc. If you can fit everything into one, compact case, more power to you!

Money belt – it’s best to keep money in your front pocket, but a belt comes in handy on occasion.

*Packing brick – compresses clothing creating space room and doubles as a pillow in a pinch – a very firm pillow, but a pillow, none the less!

Packing folder – keeps shirts neatly pressed and is compact in your case

* Towel with super absorbency — (try the Aqua Sphere Dry Towel)

Umbrella

Water bottle, titanium

*Favorite Travel Industry Insider Tip
† Not a Paid Endorsement

This printable packing list omits gear specific to trip type – such as carabineers for rock climbing, parka for snowy climate, etc.