

## Ultimate Travel Packing List

### Travel Documents / Money

- Identification: Real ID, TSA, Passports, Global Entry
- Copy of itinerary with all booking numbers
- Copy of credit cards, IDs, medication list
- Travel insurance info & emergency contacts
- Money: small denominations in foreign currency
- Credit card: *with no foreign transaction fee*
- Local SIM / E-Sim card or international phone plan
- Spare passport photos
- Digital copies of documents: *cloud or email*
- RFID Wallet and or passport holder: *for all this stuff*
- Medical ID card (especially important if you take prescriptions or have allergies)
- Copies of visas / vaccination cards (yellow fever, COVID, etc. if required)
- Hotel address written on paper (lifesaver if phone dies or language barrier)
- Emergency cash hidden separately (shoe, lining, toiletry bag)
- Customs declaration app downloaded (where available)
- Frequent flyer / hotel loyalty numbers saved

### Carry-On Essentials

- Prescription medicines & OTC meds
- CPAP machine or other Medical devices (*not counted as extra bag*)
- Thermos / filtered water bottle / reusable straw
- Neck pillow: *very long flights or red eyes*
- Electronics: camera, iPad, phone, Kindle, earbuds: *VPN ready*
- Portable charger / cables
- Fresh clothes & compression socks: *for those very long flights*
- Snacks: *gum, chips, candy, charcuterie*
- Hat / visor
- Shawl / scarf (long scarf can also be used as a foot rest on flights when tied over your tray)
- Hygiene kit: *toothbrush, face wash, moisturizer, nail clippers (for long flights)*
- Baggies: *multi-use, I carry sandwich to 2gal sizes depending on trip type*
- Pen: *for customs or other forms*
- Hand sanitizer & wipes
- Small flashlight or keychain light
- Eye mask (huge upgrade for long-haul comfort)
- Earplugs (planes, hotels, cruises, noisy cities)
- Lip balm (planes destroy lips)
- Mini lotion stick (hands + cuticles)
- Blue light glasses (long travel days + screens)
- Compression knee brace or ankle sleeve (great preventative item)
- Small reusable cutlery set (especially for airport food)

### Clothing

- Capris / pants / shorts: *adjust quantity by trip length*

- Dress / slacks: *for formal events*
- Shoes: *walking, dressy, sandals, slippers, water shoes*
- Gym wear: *If you plan to exercise*
- Sweater / vest / jacket: *Layer up or down*
- Pajamas / Sleepwear
- Swimsuit & cover-up: *multiple for resorts or cruises*
- Themed outfit: *e.g., white night, Halloween, 50s party*
- Sun hat / winter hat
- Poncho / rain jacket
- Lightweight UV long sleeve shirt / scarf / sarong
- Underwear for 1 extra day (always)
- Socks with grip bottoms (hotel rooms, cruises)
- Lightweight belt (helps reuse outfits)
- Sleep socks or compression sleep socks
- Swim shoes / reef shoes (separate from water shoes if applicable)

### Toiletries Main Bag

- Deodorant
- Shampoo / Conditioner (if you don't want to use hotel ones)
- Body Wash / Soap
- Toothbrush & Toothpaste
- Skincare (face wash, moisturizer, serum, etc.)
- Sunscreen (reef safe/especially for face & body)
- Insect Repellent (if going somewhere tropical)
- Razor & Shaving Cream
- Brush / Comb
- Nail file / tweezers / polish remover
- After-sun gel (aloe)
- Moisturizers
- Makeup & Makeup Remover
- Contact Lens Solution & Case (if needed)
- Dry shampoo
- Travel-size fabric refresher
- Electrolyte packets (planes + heat + walking)
- Anti-chafe stick (absolute MVP for warm destinations)
- Disposable shower caps (great for shoes, laundry, wet items)
- Mini pill organizer (daily meds on-the-go)

**First-Aid / Medication** a small, dedicated first-aid kit is always a good idea, particularly if traveling to an area where it might be difficult to get these items.

- Makeup & Makeup Remover
- Band-Aids (various sizes)
- Antiseptic Wipes or Cream
- Moleskin (for blisters!)
- Stomach Medicine (Imodium, Pepto-Bismol, antacids)
- Pain Relievers (Ibuprofen, Acetaminophen - you might have this in "OTC," but good to double-check)

- Cold, Flu and Allergy Medicine (sometimes hard to find abroad)
- Aloe Vera Gel (if a sunny trip)
- Motion sickness patches or bands
- Rehydration salts
- Thermometer
- Eye drops (especially long flights or dry climates)

### Miscellaneous / Gadgets

- AirTag / tracker for luggage, wallet, passport etc. (I carry about 5 always)
- Foldable bag: *If you end up going home with more than you came with i.e. souvenirs*
- Day pack: *fits two water bottles*
- Stickies / notes for yourself, others
- Envelopes for tips and notes
- Compass, good small zipper ones are great
- Binoculars
- Whistle – for Safety
- TSA locks / hidden wallet / fanny pack
- Umbrella: *rain or sun*
- Laundry kit: bag, *detergent, sink stopper, stain remover, line or clips*
- Reusable shopping tote
- Travel journal & pen
- Playing cards / small games (Taco Cat Goat Cheese Pizza i.e.)
- Waterproof phone pouch
- Extension cord / USB receptacles: *often room outlets are not close or plentiful enough*
- Travel / Power Adapter: *wall adapter for a different country's plug style.*
- Travel Towel / Washcloth: *Some countries do not offer wash cloths in their hotels. Also, a washcloth works well as a "sweat" rag in very humid climates. A small, quick-dry microfiber towel can be a lifesaver if you're not at a hotel.*
- Travel sewing kit Luggage scale
- Clothesline with built-in clips
- Zip ties (emergency fixes, securing bags)
- Small roll of duct tape (wrap around a pen)
- Doorstop (extra hotel room security)
- Mini white noise machine or app
- Headlamp (swimming in cenotes, beats a flashlight when hands are full)

### Road Trip

- Car phone mount & charger
- Paper map (no service backup)
- Cooler for drinks/snacks
- Blanket & travel pillow
- Emergency car kit (jumper cables, flashlight, wipes)
- Tissue / Toilet paper (for long remote drives or snowy roads)
- Windshield sunshade
- Car trash bag
- Wet wipes & paper towels
- Emergency cash stash
- Ice scraper / traction aids (seasonal)

## Cruise / Resort

- Magnets with hooks (50 lb strength)
- Room deodorizer (reed diffuser)
- Clothespins & scissors
- Over-the-door organizer (small shoe bags work well)
- Motion night light
- Extension cord with USB / European plugs (so you can use all outlets)
- Analog watch (set to ship time, digital watches may change with the time zone)
- Highlighter for daily activities
- Lanyard for keycard
- Wrinkle release spray
- Refillable mug / tumbler
- Thank-you cards or cash envelopes for crew
- Laundry scent beads (tiny but effective)
- Magnetic dry erase board (daily plans/reminders)
- Portable fan (some cabins get warm)
- Snorkel set (if excursions charge rentals)

## Destination-Specific Add-Ons

- Cold climate
- Tropical / humid
- High-altitude
- City walking
- Beach-focused
- Theme/event-based
- Accessibility needs
- Tech-heavy / photography trip

## Personal Must Haves:

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