

# International Travel Packing List

THE READER'S DIGEST VERSION

## CLOTHES



- ☐ Cargo pants
- ☐ Leggings
- ☐ Jeans
- ☐ Casual pants
- ☐ Belt
- ☐ Shorts (if in warm climates)
- ☐ T-shirts (long and short-sleeve)
- ☐ Sweater
- ☐ Little black dress that doesn't wrinkle
- ☐ Undergarments
- ☐ Thermal underwear (for cold climates)
- ☐ Pajamas
- ☐ Well-fitting socks
- ☐ Raincoat
- ☐ All-weather jacket
- ☐ Scarf
- ☐ Shawl or pashmina
- ☐ Hat or visor
- ☐ Jewelry (pack this in your carry-on)
- ☐ Gloves (for cold climates)

## MISCELLANEOUS



- ☐ Passports and visas
- ☐ Driver's license/photo ID
- ☐ Vaccination info
- ☐ Sewing kit
- ☐ Lint roller
- ☐ Journal
- ☐ Pen
- ☐ Binoculars
- ☐ Flashlight
- ☐ Reading light
- ☐ Waterproof day bag or backpack
- ☐ Dry bag for cellphone or camera
- ☐ Reusable water bottle
- ☐ Sunglasses
- ☐ Travel documents, including insurance paperwork
- ☐ First-aid kit (painkillers, antacids, allergy relief, bandages, etc.)
- ☐ List of emergency contacts, plus contact numbers for credit cards and banks
- ☐ Small gifts to show appreciation to people you encounter along the way

## TOILETRIES



- ☐ Hydrating facial spray and lotion
- ☐ Sunscreen
- ☐ Contact lenses and solution
- ☐ Extra glasses
- ☐ Birth control
- ☐ Vitamins
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Dental floss
- ☐ Mouthwash
- ☐ Deodorant
- ☐ Feminine-hygiene products
- ☐ Prescription medications and a copy of the prescriptions
- ☐ Brush and comb
- ☐ Hairstyling products
- ☐ Hair ties and clips
- ☐ Razor
- ☐ Aftershave/perfume
- ☐ Cosmetics
- ☐ Lip balm
- ☐ Travel-size shampoo and conditioner
- ☐ Dr. Bronner's Pure Castile Liquid Soap
- ☐ Insect repellent
- ☐ Hand sanitizer
- ☐ Nail clippers and files
- ☐ Tweezers
- ☐ Travel-size tissues

## ELECTRONICS



- ☐ Universal travel adapter
- ☐ Cellphone
- ☐ Headphones or earbuds
- ☐ USB hub
- ☐ Charging cords
- ☐ A power bank (ideally one with a solar panel)
- ☐ A water purification device like a Steripen
- ☐ Rechargeable hand warmers
- ☐ Camera with charger, extra batteries and memory cards

## SHOES



- ☐ Slip-on shoes
- ☐ Hiking boots
- ☐ Comfy, post-hiking shoes
- ☐ Chunky heels
- ☐ Flip-flops/shower shoes
- ☐ Water shoes
- ☐ Sandals (for warm climates)