



PACK LIGHT

A PACKING LIST FOR OVER-PACKERS

CLOTHING

- 1 pair of pants (per 3 days)
- 1 shirt (per 2 days)
- 1 nice outfit or dress
- 1 pair of underwear per day
- 1 pair of socks per day
- 1-2 comfortable cardigan/blazer/sweatshirt
- 1 warm jacket
- 1 set of pajamas
- 1 pair of sweatpants
- 2-3 pairs of shoes (wear 1, pack 1-2)
- Swimsuit (or a few, if you're going to a tropical paradise)

(for longer trips, pack for 10 days and plan on doing laundry)

TOILETRIES

- Mini Hairbrush
- Travel flat iron/curler
- Makeup bag
- Face lotion/toner
- Toothbrush & toothpaste
- Dry shampoo

SHOWER KIT

- Shampoo & conditioner
- Body wash
- Face wash
- Wash cloth
- Razor

BACKPACK ESSENTIALS

- Phone charger
- Headphones or earbuds
- Hydaway bottle
- 2 tubes of lip balm
- Sunglasses
- Notebook & pens
- Power adapters
- Wallet (with two forms of ID)
- Laptop & charging cord
- Snacks
- Deodorant
- Small bottle of perfume
- Mini purse (for daily use)
- Compact bag (for groceries, shopping, laundry, etc)
- 2 gallon size reusable zip bags
- 2 extra quart size reusable zip bags (for waterproofing, safe transport, or TSA)
- 2 photocopies of your passport (one per bag)