



truly
ultimate
packing checklist



Hi Friend!

Thank you so much for choosing Her Travel Style's *Truly Ultimate Packing Checklist* for your travel packing needs! After many years of trip styles, (from camping and backpacking to weekender and long term local and international travel), I've come up with the ultimate list of items to pack for any trip.

Before you start packing, here are some packing tips to consider:

- Feel free to cross out any items that don't apply to your travel style and add whatever you need!
- If you are traveling with a tour group or specific airline, review the luggage weight requirements. You want to avoid issues with getting your bag on your bus, train or plane and paying overages.
- Double check the weather before you finalize your packing.
- Research the dress codes of your destination and how locals dress.

**For example if you are planning to visit places of worship ensure you pack something that covers the knees, your head and shoulders (scarf and skirts). If you are going on a game drive or jungle trekking consider packing colors that will do well in a natural environment; such as light brown, beige and light green. If you want to blend in with the locals, search the internet for their fashions and preferred methods of dress. This can help with safety.*

- For lengthier trips consider packing clothing that is both easy to wash and fast drying.
- Don't over pack! Every ounce counts!
- Consider which items can do double-duty (i.e. cell phone for alarm clock & compact mirror).
- If you are checking a bag, keep anything you can't live without in your carry-on/personal items in case your bag gets lost or your flight(s) get delayed or canceled.

Please note this list is meant to be used only as a guide and is not intended to be a complete packing list for your specific trip. Any additional items you wish to pack or travel requirements are your own discretion and responsibility, but this list is a head start. Happy packing and have an amazing journey! Bon voyage!

Taryn

Destination: _____ Dates: _____ Days: _____ Temperature: _____

<input type="checkbox"/> Item:
<input type="checkbox"/> IN YOUR BACKPACK/DAYPACK/CARRY-ON
<input type="checkbox"/> mask / baby wipes / hand sanitizer / sanitizing wipes
<input type="checkbox"/> makeup remover wipes / face mist / hydrating face mask
<input type="checkbox"/> lipstick / lip balm / hand lotion
<input type="checkbox"/> earplugs /sleep eye mask
<input type="checkbox"/> scarf / pashmina / travel blanket / bandana
<input type="checkbox"/> jewelry / accessories / watch <i>(don't leave valuables in your checked luggage)</i>
<input type="checkbox"/> compression socks / neck pillow / fuzzy socks
<input type="checkbox"/> travel sized toothbrush / toothpaste / dental floss / floss picks
<input type="checkbox"/> sunglasses / eyeglasses / cases / contact lenses / solution
<input type="checkbox"/> chewing gum / mints / tissues
<input type="checkbox"/> feminine products / period panties
<input type="checkbox"/> nail file / nail clipper
<input type="checkbox"/> bandaids / pain meds
<input type="checkbox"/> seabands / travel sickness remedy / plastic bags
<input type="checkbox"/> eco-friendly water bottle / water purification method
<input type="checkbox"/> protein bars / snacks
<input type="checkbox"/> notebook / journal / planner / pens / highlighters
<input type="checkbox"/> book / local language phrase book / travel guides / magazine / deck of cards
<input type="checkbox"/> laptop / tablet / e-reader / chargers - download airline app/movies/games/music/books/magazines
<input type="checkbox"/> noise cancelling headphones / AirPods (fully charged)
<input type="checkbox"/> photography gear: camera / charger / lenses / go-pro / drone / electrical adapters / tripod / SD cards /binoculars / dust proof camera bag - <i>remember to fully charge before take-off</i>
<input type="checkbox"/> copies of your passport <i>(remember to leave a copy with your emergency contact & store digitally)</i>
<input type="checkbox"/> IN YOUR CROSS BODY/PURSE/MONEY BELT - (an international travel focus)
<input type="checkbox"/> cell phone (call for international plan/plan to get SIM card) <i>find out best international carrier for the countries visited -charger/extra battery(Mophi)/adapters/download travel apps</i>
<input type="checkbox"/> passport / spare passport photos
<input type="checkbox"/> visa (as necessary) REMEMBER TO CHECK REQUIREMENTS WHEN BOOK FLIGHTS!
<input type="checkbox"/> driver's liscense
<input type="checkbox"/> travel insurance

<input type="checkbox"/>	Item:
<input type="checkbox"/>	IN YOUR CROSS BODY/PURSE/MONEY BELT - (an international travel focus)
<input type="checkbox"/>	cash (exchange money at the bank) <i>-reference a currency exchange app like Xe -make sure to go several days in advance of departure so they have currency</i>
<input type="checkbox"/>	credit cards / bank cards <i>(call companies ahead of time/move money around as necessary)</i>
<input type="checkbox"/>	car insurance documents / international driver's license <i>(review country requirements)</i>
<input type="checkbox"/>	medical insurance card / vaccination documents
<input type="checkbox"/>	house keys
<input type="checkbox"/>	important phone numbers (store digitally)
<input type="checkbox"/>	reservations / flight tickets / e-ticket / Trip confirmation vouchers
<input type="checkbox"/>	itinerary / maps / directions / travel guides / discount cards / local public transportation cards <i>give a copy of travel details to emergency contact via email</i>
<input type="checkbox"/>	FOR THE SUITCASE/DUFFEL/PACK (determine the best type of bag to bring for this trip)
<input type="checkbox"/>	collapsible tote bag
<input type="checkbox"/>	biodegradable washing detergent / washing line / shout wipes
<input type="checkbox"/>	lint roller
<input type="checkbox"/>	luggage tag <i>(update contact info)</i>
<input type="checkbox"/>	packing cubes / laundry bag / plastic bag for wet stuff
<input type="checkbox"/>	sewing kit / safety pins
<input type="checkbox"/>	TSA approved travel lock/key <i>(if not on suitcase)</i>
<input type="checkbox"/>	umbrella / poncho / rain coat
<input type="checkbox"/>	TOILETRY BAG (note accommodation and what may be included)
<input type="checkbox"/>	shampoo / conditioner
<input type="checkbox"/>	hairbrush / comb
<input type="checkbox"/>	hairdryer / curling iron / flat iron
<input type="checkbox"/>	hair styling products / dry shampoo / hair serum / hair spray / hair ties / hair accessories
<input type="checkbox"/>	soap / shower gel / loofah
<input type="checkbox"/>	deodorant / perfume (atomizer/samples)
<input type="checkbox"/>	body lotion
<input type="checkbox"/>	razor / shaving cream

<input type="checkbox"/>	Item:
<input type="checkbox"/>	TOILETRY BAG (note accommodation and what may be included)
<input type="checkbox"/>	face wash / exfoliator / mask / Gua Sha or face care system
<input type="checkbox"/>	toner / moisturizer (day/night) / face oil / eye cream / serum
<input type="checkbox"/>	sunscreen
<input type="checkbox"/>	tweezer
<input type="checkbox"/>	make-up (concealer/foundation/eyes/lips/false lashes/glue/tools)
<input type="checkbox"/>	q-tips/cotton swabs
<input type="checkbox"/>	nail polish remover pads / nail polish
<input type="checkbox"/>	medications (enough supply)
<input type="checkbox"/>	vitamins / supplements
<input type="checkbox"/>	bug repellent lotion
<input type="checkbox"/>	aura soma / essential oils / aromatherapy / clearing room spray / palo santo
<input type="checkbox"/>	poo-pourri
<input type="checkbox"/>	CLOTHING (note weather and activities)
<input type="checkbox"/>	pajamas / bathrobe / kimono / slippers
<input type="checkbox"/>	underwear / lingerie
<input type="checkbox"/>	bras / sports bras
<input type="checkbox"/>	socks / trekking socks / tights
<input type="checkbox"/>	base-layers / thermals
<input type="checkbox"/>	t-shirts (long/short) / tank-tops
<input type="checkbox"/>	sweaters / sweatshirts / hoodie
<input type="checkbox"/>	outerwear - jacket / coat
<input type="checkbox"/>	hat / cap
<input type="checkbox"/>	gloves / hand warmers
<input type="checkbox"/>	casual and versatile shoes / flats / sneakers / rain boots
<input type="checkbox"/>	formal shoes / heels
<input type="checkbox"/>	sandals / flip-flops / water shoes / amphibian hikers / shower shoes
<input type="checkbox"/>	trail-running sneakers / hiking boots

<input type="checkbox"/>	Item:
<input type="checkbox"/>	CLOTHING (note weather and activities)
<input type="checkbox"/>	jeans
<input type="checkbox"/>	shorts
<input type="checkbox"/>	sportswear / workout tops / pants / shorts
<input type="checkbox"/>	swimsuits / cover-up / rash guard
<input type="checkbox"/>	shirts / blouses
<input type="checkbox"/>	blazers
<input type="checkbox"/>	slacks / pants / zip-off trousers
<input type="checkbox"/>	skirts / dresses
<input type="checkbox"/>	suits
<input type="checkbox"/>	evening wear / alternative hand-bag
<input type="checkbox"/>	belts
<input type="checkbox"/>	SPECIALITY ITEMS & PERSONAL MISCELLANEOUS
<input type="checkbox"/>	traveling yoga mat
<input type="checkbox"/>	fitness kit
<input type="checkbox"/>	favorite coffee / tea bags / foods <i>*note country rules on import</i>
<input type="checkbox"/>	medical kit / band-aids / scissors / army knife / tiger balm / arnica
<input type="checkbox"/>	waterproof pants / windproof jacket
<input type="checkbox"/>	specific sports gear
<input type="checkbox"/>	flashlight / headlamp (or use cellphone)
<input type="checkbox"/>	travel towel
<input type="checkbox"/>	beach towel
<input type="checkbox"/>	personal massager / charger / prophylactics / self-love kit
<input type="checkbox"/>	waterproof bags for rain protection during treks/walking
<input type="checkbox"/>	hiking poles / walking sticks
<input type="checkbox"/>	camping pillow / sleeping bag / tent
<input type="checkbox"/>	pet docs (rabies vaccination / proof of tracking chip / medical release) & supplies (food/kennel/bags)
<input type="checkbox"/>	extras - list here