

Travel Packing List

Purse

Passport
Billfold
Checkbook
Driver's license
Bank card
Credit card
Insurance cards-medical, dental, travel
Cash
Change for toilets
Coin purse for change
Sunglasses in case
Lip balm
Tissues
Small note pad
Pen
Pencil
Wet wipes
Hair brush
Comb
Nail clippers
Gum
Toothpicks
Floss
Hair elastics
Barrettes
Pill box: ibuprofen and acetaminophen
Dramamine
Ear plugs
Refresh Plus eye drops
Light scarf

Backpack carry-on

Prescription meds (Liquid prescription meds must be in quart bag)
 Meds in original bottles
 List of all meds
 Printed prescriptions from doctor
Empty water bottle
Cabeau neck pillow
Inflatable neck pillow
Lumbar inflatable pillow
Headphone, cord to plug into plane jack, charging cord
Sleeping headphones
Eye mask
Eyeglass case
Lithium power charger and cords (not allowed in checked luggage)
Phone charger cord
Tide stain pen
Jacket

Toiletry kit in suitcase (checked luggage)

Brush
Comb
Toothbrush and case
Toothpaste
Floss
Razor
Nail clippers
Nail file
Tweezers
Eyeglass cleaning cloth
Disposable eyeglass wipes
Cotton swabs, full pack
Cotton pads, 2 per day
Vaseline
Lip balm
Lip sunscreen
Deodorant
Hairspray
Foundation powder
Concealer
Blush
Eye shadow
Mascara
Lipstick
Round hairbrush (opt.)

Liquids in suitcase (checked luggage)

Shampoo
Conditioner
Shower gel
Lotion
Sunblock
Insect repellent
Oil

OTC Medication in suitcase (checked luggage)

Melatonin as sleep aid before flight
Refresh eye drops
Ibuprofen
Acetaminophen
Mucinex
Benadryl
Sudafed
Chewable aspirin (start taking 4 days before and up to flights)

Large Plastic Bag

Travel towels (2) (quick drying)
Felt washcloth

Clothes pins (12)
Clothes line
Tissues — travel packs
Zipper bags: quart, gallon
Plastic grocery bags
Twist ties
Small trash bags

Small Emergency Kit

Shout Wipe & Go
Sewing kit
Band-aids
Ear plugs
Moleskin padding
Herbal tea bags
Decaf instant coffee packs
Olbas inhaler

Electronics

Phone cord
Charging brick
UK adapters

Clothes for Flight

Yoga pants
3/4 sleeve top
Socks
Athletic/walking shoes
Jacket (in backpack)

Outer Layers

puffer jacket
rain jacket
fleece jacket
rain pants (in gallon zipper bag, labeled)
hat
gloves
scarf
buff

Under Layers

Underpants
Extra bra
Camisoles (winter)
Thermal pants (winter)

Socks
Hiking socks (wool)

Top Layer

Pants — 2 pairs Cabella and Magellan (convertible to shorts and capris)
Shirts — 1 long sleeve polyester shirt with collar
 1 long sleeve cotton tee
Shirts — 1 short sleeve polyester shirt with collar
 1 short sleeve cotton tee
Shirts — 1 3/4 sleeve tee or poly top
Jacket — fleece or knit

Notes on clothes:

- Polyester washes and dries much faster than cotton.
- Jeans are heavy and slow to dry. For warmth, can layer polyester pants
- Cotton shirts stain easily.

Sleepwear

pajama shorts or pants
T-shirt
pillowcase
house slippers (in plastic bag)

Shoes

Walking shoes
Hiking boots in bag

Misc.

2 reusable shopping bags

Packing Tips

Pack socks inside boots