

# Example Packing List

## 5-Month International Trip, Using Only Carry-On Luggage

### Destinations in Europe and Asia in the Summer/Fall

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*This can be modified according to where you are traveling and your personal style. This is the list we started our trip with, but over time we realized we could have gotten by with a lot less items!*

#### Luggage:

- 1 backpack style suitcase
- 1 personal item sized bag
- Packing cubes
- Pack-it-flat toiletry bag

#### Items for Both:

- Cell phone
- Small 11-inch laptop and laptop charger
- Kindle
- Wallet
- Passport
- Glasses and sunglasses
- Small daily planner and pens
- Headphones
- Refillable plastic waterbottle
- Fold-up compact backpack
- Waterproof dry bag
- Waterproof phone covers
- Small first aid kit
- GoPro, GoPro stick handle, and a small bag of GoPro accessories
- Small bag with outlet converter/adaptor
- Charger cords for iPhones, GoPro, Kindle
- Sawyer Mini water filter system
- Quick drying microfiber towel

### **Women's Packing List:**

#### Shoes:

- 1 pair of hiking/walking sneakers
- 1 pair of sturdy hiking/walking sandals
- 1 pair of flats
- 1 pair of flip flops

#### Jackets:

- 1 light weight rain jacket
- 1 light weight sweatshirt
- 1 fairly light weight thermal/fleece jacket
- 1 lightweight black cardigan

#### Tops:

- 1 long sleeve shirt
- 3 short sleeved moisture-wicking shirts
- 1 short sleeve cotton shirt
- 5 workout style tank tops
- 3 dressier tank tops

#### Bottoms:

- 2 pairs of moisture wicking hiking style pants
- 2 moisture wicking/sporty skorts
- 2 pairs of hiking/fishing style moisture wicking shorts
- 1 pair of workout style shorts
- 1 pair of black capri length leggings
- 1 pair of compression shorts to wear under dresses to prevent chaffing

#### Dresses:

- 2 simple knee length cotton dresses

#### Pajamas:

- 1 cotton sleep shirt
- 1 pair of yoga-type sleep pants

#### Bathing suit:

- 1 bathing suit top
- 2 bathing suit bottoms (interchangeable)
- 1 bathing suit cover-up dress (or sarong)

#### Undergarments:

- 2 sports bras
- 1 regular bra
- 10 pairs of underwear
- 5 pairs of socks

#### Accessories:

- 1 infinity scarf
- 1 "Buff" multifunctional headwear (bandana, headband, etc)
- A few small pairs of earrings
- Small purse/wristlet and anti-theft waist belt

#### Toiletries:

- Turbie-Twist hair towel
- Shampoo bars
- Small bottle of conditioner
- Small bottle of lotion
- Contact case and small bottle of solution
- Extra contacts
- Toothbrush and small container toothpaste
- Small ziplock bag of Q-tips
- Razor with a few refills
- Bar of soap
- Deodorant
- Small loofah
- Tweezers and fingernail clippers
- Medications (if needed)
- Wash cloth

## **Men's Packing List**

### Shoes:

- 1 pair of sneakers
- 1 pair of hiking/walking sandals

### Jackets:

- 1 light weight rain jacket/shell
- 1 light weight sweatshirt

### Tops:

- 3 moisture wicking short sleeved "travel" shirts
- 2 cotton v-neck tshirts
- 1 cotton short sleeve gym shirt
- 1 moisture wicking polo shirt
- 1 moisture wicking collared, long sleeved button down shirt
- 1 cotton tank top

### Bottoms:

- 3 pairs of moisture wicking shorts (also doubles as bathing suit)
- 3 pairs of moisture wicking hiking type pants
- 1 pair of draw string gym shorts

### Undergarments:

- 5 pairs of quick-drying boxers
- 5 pairs of socks

### Accessories:

- Belt
- Watch
- Hat

### Toiletries (in 1 large zip-lock bag):

- Deodorant
- Toothbrush
- Extra contacts and contact case
- Beard trimmer
- Any of the above toiletries from the women's list