

Carry-on only packing list

7 nights

Mild weather

International

Carry-on only

DOCUMENTS & MONEY

- ☐ Passport
Many countries want 6+ months validity beyond your trip
- ☐ Check entry rules (visa / ETA)
Requirements vary by passport and destination
- ☐ Copies of passport and documents
Keep paper and digital copies, stored apart
- ☐ Boarding passes or e-tickets
- ☐ Itinerary and booking confirmations
Save offline copies on your phone
- ☐ Health insurance card
- ☐ Travel insurance policy details
Include the 24-hour emergency number
- ☐ Credit and debit cards
- ☐ Some cash in small bills
- ☐ Local currency
Small amount for arrival; ATMs for the rest
- ☐ Emergency contact list
Written down, not only in your phone
- ☐ Frequent flyer and hotel numbers

TECH & CHARGERS

- ☐ Phone and charger
- ☐ Spare charging cable
- ☐ Portable charger / power bank
Carry-on only, never in checked bags
- ☐ Plug adapter
Check the outlet type for your destination
- ☐ Headphones or earbuds
- ☐ Tablet or e-reader
Load books and shows before you go
- ☐ Downloaded shows, music and maps

CLOTHING

- ☐ Underwear x6
Plan one laundry stop on longer trips
- ☐ Socks x6
- ☐ T-shirts and tops x5
Mix and match; plan to re-wear
- ☐ Pants, jeans or skirts x3
Re-wear bottoms; they get dirty less
- ☐ Long-sleeve shirts x2
- ☐ Sweater or hoodie x1
- ☐ Light jacket or cardigan
- ☐ Rain jacket
Packable and waterproof beats an umbrella
- ☐ Sunglasses
- ☐ Pajamas or sleepwear x1
- ☐ One spare outfit for emergencies
Spills, delays, a sudden weather change
- ☐ Light scarf or wrap
Cabins can get cold
- ☐ Laundry bag
- ☐ Laundry detergent sheets or packets
Handy for a sink wash or laundromat

SHOES

- ☐ Comfortable walking shoes
Wear the bulkiest pair on travel day

TOILETRIES

- ☐ Liquids in a 1-quart clear bag
Containers 3.4 oz (100 ml) or smaller, carry-on
- ☐ Toothbrush and toothpaste
- ☐ Floss
- ☐ Deodorant

 TOILETRIES (CONT.)

- ☐ Shampoo and conditioner
Hotels often supply these
- ☐ Body wash or soap
- ☐ Hairbrush or comb
- ☐ Hair ties and clips
- ☐ Razor
- ☐ Face wash and moisturizer
- ☐ Makeup and remover
- ☐ Lip balm with SPF
- ☐ Period products
Pack a few extra in case of a surprise
- ☐ Contact lenses and solution
- ☐ Spare glasses
- ☐ Nail clippers and tweezers
- ☐ Toiletry bag
Hanging style frees up counter space

 HEALTH & SAFETY

- ☐ Basic first-aid kit
Bandages, antiseptic wipes, tape
- ☐ Pain reliever
- ☐ Antihistamine or allergy medicine
- ☐ Stomach and anti-diarrheal remedies
- ☐ Hand sanitizer and wipes
- ☐ Compression socks
Optional; helpful on long flights

 CARRY-ON BAG

- ☐ Empty reusable water bottle
Fill it after the security checkpoint
- ☐ Snacks
Solid foods pass security; spreads count as liquids
- ☐ Neck pillow
Optional for flights over a few hours
- ☐ Eye mask and earplugs
- ☐ Book, e-reader or downloads
- ☐ Lip balm and hand cream
Cabin air is dry
- ☐ Pen
For customs and immigration forms
- ☐ Tissues
- ☐ Spare zip-top bags
- ☐ Gum or lozenges for ear pressure
- ☐ Light layer for the cabin

 EXTRAS

- ☐ Day bag or small backpack
- ☐ Foldable tote bag
Doubles as a souvenir bag
- ☐ Packing cubes
One per category keeps bags tidy
- ☐ Luggage tags with contact info
Add a card inside the bag too
- ☐ Compact umbrella
- ☐ Book or travel journal
- ☐ Guidebook or saved offline maps
- ☐ Mini sewing and safety pin kit
- ☐ Pen and notepad
- ☐ Door stopper alarm or small lock
Optional extra security for solo travelers
- ☐ Share live location with a contact

Before you go

BEFORE YOU LEAVE HOME

- ☐ Hold your mail and packages
Or ask a neighbor to collect them
- ☐ Adjust the thermostat
Set a trip-length energy-saving temperature
- ☐ Unplug small appliances and chargers
- ☐ Take out trash and recycling
- ☐ Arrange plant watering
- ☐ Clear perishables from the fridge
- ☐ Download offline maps
- ☐ Check in online
Most airlines open check-in about 24 hours ahead
- ☐ Check airline bag size and weight
Rules vary by airline and fare
- ☐ Check passport expiry date
Many countries want 6+ months of validity
- ☐ Apply for any visa or ETA you need
Do this early; some take days or weeks
- ☐ Check travel advisories
- ☐ Tell your bank about your travel
Some banks use an in-app travel notice
- ☐ Check roaming or set up an eSIM
- ☐ Buy travel insurance
Check what it covers before you buy
- ☐ Share your itinerary with someone
Include addresses and flight numbers
- ☐ Check forecast and adjust your list
- ☐ Confirm bookings and reservations
- ☐ Charge phones, power banks and cameras
- ☐ Book airport parking or a ride
- ☐ Enroll in an embassy travel program
US travelers can use STEP

DAY OF DEPARTURE

- ☐ Phone and charger
- ☐ Wallet, cards and some cash
- ☐ Passport or photo ID
- ☐ Boarding pass or tickets
- ☐ Medications and glasses
- ☐ House keys
- ☐ Empty water bottle
Fill it after security
- ☐ Snacks
- ☐ Headphones
- ☐ Power bank in your carry-on
- ☐ Check stove, lights and appliances
- ☐ Lock doors and windows
- ☐ Check flight or train status
- ☐ Allow extra time to get there
Allow more for international flights
- ☐ Count your bags before you leave
- ☐ Take out the trash

NOTES