

# International trip packing list

14 nights

Mixed weather

International

Checked bag

Couple

## 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
- ☐ Multi-port USB charger
- ☐ Portable charger / power bank  
Carry-on only, never in checked bags
- ☐ Plug adapter  
Check the outlet type for your destination
- ☐ Headphones or earbuds

## TECH & CHARGERS (CONT.)

- ☐ Tablet or e-reader  
Load books and shows before you go
- ☐ Downloaded shows, music and maps
- ☐ Camera and charger
- ☐ Extra memory cards x2
- ☐ Spare camera battery  
Spare lithium batteries: carry-on only
- ☐ Lens cloth
- ☐ Small travel tripod

## CLOTHING

- ☐ Underwear x8  
Plan one laundry stop on longer trips
- ☐ Socks x8
- ☐ T-shirts and tops x7  
Mix and match; plan to re-wear
- ☐ Pants, jeans or skirts x4  
Re-wear bottoms; they get dirty less
- ☐ Shorts or light skirts x4
- ☐ Tank tops or sleeveless tops x3
- ☐ Light long-sleeve shirt x1  
Sun cover and cold air-conditioning
- ☐ Long-sleeve shirts x3
- ☐ Sweater or hoodie x1
- ☐ Light jacket or cardigan
- ☐ Rain jacket  
Packable and waterproof beats an umbrella
- ☐ Warm sweaters or fleece x4

 CLOTHING (CONT.)

- ☐ Winter coat  
Wear it on travel day to save bag space
- ☐ Thermal base layers x4
- ☐ Warm wool socks x5
- ☐ Warm hat
- ☐ Gloves
- ☐ Scarf or neck gaiter
- ☐ Sun hat or cap
- ☐ Sunglasses
- ☐ Pajamas or sleepwear x2
- ☐ 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
- ☐ Sandals or flip-flops
- ☐ Slippers
- ☐ Shoe bags  
Keeps dirty soles off clothes

 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
- ☐ Hair dryer or styling tools  
Most hotels have a dryer
- ☐ 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
- ☐ Shaving cream

 HEALTH & SAFETY

- ☐ Prescription medications  
Carry-on, in original labeled containers
- ☐ Extra doses in case of delays  
A few days beyond your return date
- ☐ Prescription copies or doctor note
- ☐ Pill organizer
- ☐ Inhaler or other medical devices
- ☐ Basic first-aid kit  
Bandages, antiseptic wipes, tape
- ☐ Pain reliever
- ☐ Antihistamine or allergy medicine

 **HEALTH & SAFETY (CONT.)**

- ☐ Stomach and anti-diarrheal remedies
- ☐ Sunscreen (SPF 30+)  
Flying: bottles over 3.4 oz go in checked bags
- ☐ After-sun lotion or aloe gel
- ☐ Insect repellent
- ☐ 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
- ☐ Spare underwear and top in carry-on  
In case your checked bag is delayed
- ☐ Lip balm and hand cream  
Cabin air is dry
- ☐ Pen  
For customs and immigration forms
- ☐ Tissues

 **CARRY-ON BAG (CONT.)**

- ☐ Spare zip-top bags
- ☐ Valuables and electronics in carry-on
- ☐ 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
- ☐ TSA-recognized luggage lock  
Optional
- ☐ Compact umbrella
- ☐ Book or travel journal
- ☐ Guidebook or saved offline maps
- ☐ Mini sewing and safety pin kit
- ☐ Small gifts for hosts
- ☐ Playing cards or travel game
- ☐ Pen and notepad

## 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
- ☐ Pay bills that fall due while away
- ☐ Book airport parking or a ride
- ☐ Refill prescriptions  
Do it a few weeks ahead
- ☐ 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