

Ultimate packing list

7 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
- ☐ Tablet or e-reader
Load books and shows before you go
- ☐ Downloaded shows, music and maps
- ☐ Camera and charger
- ☐ Extra memory cards x2

TECH & CHARGERS (CONT.)

- ☐ Spare camera battery
Spare lithium batteries: carry-on only
- ☐ Lens cloth
- ☐ Small travel tripod
- ☐ Offline trail maps or GPS
Download before you lose signal
- ☐ Fitness tracker charger

CLOTHING

- ☐ Underwear x8
Plan one laundry stop on longer trips
- ☐ Socks x8
- ☐ T-shirts and tops x6
Mix and match; plan to re-wear
- ☐ Pants, jeans or skirts x3
Re-wear bottoms; they get dirty less
- ☐ Shorts or light skirts x3
- ☐ Tank tops or sleeveless tops x3
- ☐ Light long-sleeve shirt x1
Sun cover and cold air-conditioning
- ☐ Long-sleeve shirts x2
- ☐ Sweater or hoodie x1
- ☐ Light jacket or cardigan
- ☐ Rain jacket
Packable and waterproof beats an umbrella
- ☐ Warm sweaters or fleece x2
- ☐ Winter coat
Wear it on travel day to save bag space
- ☐ Thermal base layers x3
- ☐ Warm wool socks x3
- ☐ Warm hat
- ☐ Gloves
- ☐ Scarf or neck gaiter
- ☐ Sun hat or cap

 CLOTHING (CONT.)

- ☐ Sunglasses
- ☐ Pajamas or sleepwear x2
- ☐ One spare outfit for emergencies
Spills, delays, a sudden weather change
- ☐ Belt
- ☐ Dressy outfit x2
Pick wrinkle-resistant fabrics
- ☐ Tie, jewelry or accessories
- ☐ Moisture-wicking shirts x4
- ☐ Hiking pants or shorts x2
- ☐ Hiking socks x4
- ☐ Light scarf or wrap
Cabins can get cold
- ☐ Laundry bag
- ☐ Laundry detergent sheets or packets
Handy for a sink wash or laundromat
- ☐ Wrinkle release spray
Counts toward carry-on liquid limits

 SHOES

- ☐ Comfortable walking shoes
- ☐ Sandals or flip-flops
- ☐ Dress shoes
- ☐ Hiking shoes or boots
Break them in before the trip
- ☐ Water shoes
Helpful on rocky shores
- ☐ 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
- ☐ Shampoo and conditioner
Hotels often supply these

 TOILETRIES (CONT.)

- ☐ 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
- ☐ Quick-dry towel
- ☐ 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
- ☐ Stomach and anti-diarrheal remedies
- ☐ Broad-spectrum sunscreen (SPF 30+)
Flying: bottles over 3.4 oz go in checked bags
- ☐ After-sun lotion or aloe gel
- ☐ Insect repellent
- ☐ Blister bandages

HEALTH & SAFETY (CONT.)

- ☐ Electrolyte packets
- ☐ Hand sanitizer and wipes
- ☐ Compression socks
Optional; helpful on long flights

BEACH & POOL

- ☐ Swimsuit
One drying while you wear the other x4
- ☐ Cover-up or sarong
- ☐ Beach towel
Quick-dry packs smaller; hotels often lend towels
- ☐ Beach bag
- ☐ Rash guard or swim shirt
- ☐ Swim goggles
- ☐ Wet bag for damp swimwear
- ☐ Waterproof phone pouch
- ☐ Snorkel gear (optional)
Rentals are common at beach destinations
- ☐ Beach games or frisbee
- ☐ Soft cooler bag

OUTDOOR & CAMPING

- ☐ Daypack
- ☐ Water bottle or hydration bladder
- ☐ Trail snacks
- ☐ Trekking poles
Optional; check airline rules for carry-on
- ☐ Whistle and small flashlight

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

CARRY-ON BAG (CONT.)

- ☐ 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
- ☐ 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
- ☐ 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