



## Passport to the World Travel Packing List

### *Packing Tips*

When you are traveling, it is important to make sure you are comfortable while not wearing your pajamas. Another challenge that comes with packing is how easy it is to overpack in your checked luggage. Also when you overpack your checked bag and then shove everything else in your carry on, you leave no space for anything you decide to purchase while traveling. If you are going to a resort or going on a cruise, you will probably not have to carry your bags too much but if you are traveling around and staying in historic places or are taking a lot of public transit/walking everywhere you may regret bringing so much. So how can you make sure you have what you need while not overpacking.

Let's tackle these challenges with some packing tips!

- **Keep yourself comfortable on your long flight with a small bag of essentials that fits under your seat.** I recommend bringing a neck pillow, a light jacket that can double as a blanket if you are flying economy and noise canceling headphones, to help you sleep. Plus, make sure to wear comfortable clothes. Also, [All night festival bag from Lululemon](#) which is the perfect size for a phone, wallet, passport and a few accessories. I keep that on me at all times.
- **Pack carry-on only if you can.** It will save time and potentially money on bag fees. Plus, it will make packing and unpacking easier. You don't have to worry about organizing as many things or overpacking. It helps you keep focused on what you need! My rule of thumb is anything less than 3 weeks is a 21 inch bag and a laptop backpack. If it doesn't fit in that, I can't take it.
- **If you can't pack carry-on only, bring your essentials in your carry-on.** I recommend a few toiletries (toothbrush + toothpaste, hairbrush) and one set of clothes with you in your carry-on. Just in case. There's nothing worse than getting to your destination, wanting to shower, and then your bag being lost. Almost every hotel has shampoo, conditioner, and body wash and hair dryers so those aren't necessary. Some Airbnbs also provide these toiletries. Doesn't hurt to ask ahead of time or just plan to buy some when you get there.
- **I would recommend no more than one carry-on bag that fits under your seat and one checked bag or carry-on roller bag that fits overhead.** It can be a lot to try to carry a big bag or a lot of stuff around with you!
- **Don't overpack – instead, plan your outfits.** If you plan out your outfits and only bring things for those outfits, you'll keep yourself from bringing too much. It's easy when you are going somewhere new or international for the first time to want to bring a lot. Also if you color coordinate things, it makes the whole shoe dilemma easier. I usually stick with blues because then I can mix and match and I have lots of blue.





- Be aware of where you are staying when choosing a bag or bags to bring. Many historic hotels and areas do not have elevators. You may have to carry your bag up a few flights of stairs or up small side streets to reach where you are staying. A bag that you can easily carry is key! I recommend getting a 21 inch roller bag and a backpack or small bag that fits on the handle of the roller bag to make it easy to carry.

## Organization Packing Items

- **Hanging Toiletries Bags:** Many parts of the world (including cruise ships on the high seas) will not come with tons of storage space or large countertops.
- **TSA Approved Travel Bottles:** perfect so you don't have to throw out your favorite self-care products at the security check.
- **Charging cable organizer:** Easy to pack and water-resistant, this is a great toiletry bag. Comes in several colors.
- **Packing Cubes:** Packing cubes are a great way to organize your bag and make the most of the space in a larger bag.
- **Travel Compression Bags:** Use these bags to save space in your bag when traveling.
- **Pill Organizers:** Great option for a travel first aid kit if you don't want to buy the travel size of each medicine you'd like to bring or have prescriptions you take.
- **Jewelry Organizer:** Great for keeping all your little pieces easy to get to and organized on a trip. This is something I held off on buying for a long time but now love having on trips!

## Essentials for International Travel

- **Passport and visa:** Ensure they are valid for the entire duration of your trip. Most places require your passport to be valid 6 months before the trip. Ensure you're good to go!
- **Travel insurance:** Including health insurance, if not covered by your regular policy. Medical costs can be very different depending on the country you visit, it's worth researching ahead of your trip what you need.
- **Flight tickets and itinerary:** Print or digital copies. I like to create a google doc with all the flight, train and hotel information with reference numbers all organized by date.
- **Money:** Cash and credit/debit cards. Make sure you are aware of which credit cards don't have foreign transaction fees. I recommend having some cash in local currency on hand before your trip (most banks will do this for you free of charge or for a small fee) and using ATMs (if they are reliable in the country you are visiting). ATMs often give you the best exchange rate.
- **Travel adapter and voltage converter:** Ensure it's suitable for your destination by researching the compatibility.
- **Prescription medications:** Carry enough for the entire trip. Keep these in your carry-on.