

The Essential Packing Checklist

Clothing:

- **5-7 Tops** (T-shirts, blouses, or polo shirts)
- **2-3 Bottoms** (Pants, shorts, or skirts)
- **1 Sweater or Light Jacket** (for cool evenings or air conditioning)
- **8 pairs of Underwear**
- **8 pairs of Socks**
- **1 "Nice" Outfit** (for a dinner or special occasion)
- **Pajamas**
- **Swimsuit** (if applicable)
- **Workout Clothes** (if applicable)

Footwear:

- **Comfortable Walking Shoes** (sneakers, comfortable flats)
- **Sandals or Flip-Flops**
- **Dressier Shoes** (if needed for your nice outfit)

Toiletries & Personal Items:

- Toothbrush, Toothpaste, and Floss
- Deodorant
- Soap or Body Wash
- Shampoo and Conditioner
- Sunscreen
- Basic First-Aid Kit (band-aids, pain relievers, antiseptic wipes)
- Any personal prescription medications
- Hairbrush or Comb
- Lip Balm

Electronics:

- **Phone and Charger**
- **Portable Power Bank** (highly recommended)
- Headphones
- Travel Adapter (if traveling internationally)
- Camera, memory card, and charger (optional)

Documents & Money:

- **Passport or Government ID**
- Credit Cards and Debit Cards
- Small amount of local cash
- Travel insurance information
- Digital or printed copies of flight/hotel confirmations
- A copy of your passport/ID (stored separately)

In Your Carry-On Bag:

- All essential documents, cards, and cash
- All prescription medications
- A change of clothes and basic toiletries
- Reusable water bottle (empty it before security)
- Book, tablet, or other entertainment
- Snacks