

# PACKING CHECKLIST FOR CARRY-ON ONLY TRIPS



This is Christine's suggested basic packing list of items designed to fit within the generally allowed airplane limits for size and weight. You'll modify your list based on destination, season, climate, planned activities, etc. Choose items that are durable, multi-use, light-weight, travel-sized, and high-quality but not irreplaceable.

## Paperwork

- Passport, driver's license, international driving permit
- Currency in home and destination bills, credit cards
- Records for travel and health insurance, vaccines
- Small notebook and pen, itinerary, and contacts
- List of medical issues and prescriptions

## Clothing

(Choose fast-drying, color-coordinated wardrobe)

- Long and short-sleeve shirts / blouses
- Long pants, dress, shorts, skorts
- Underwear, pajamas, bra, socks
- Sweater, puffer jacket, rain jacket
- Bandanas, swimsuit
- Shoes: walking, hiking, sandals, slippers
- Beanie, cap, gloves, scarf
- Accessories, jewelry, watch

## Tech Gear

- Ear plugs / headphones
- Laptop / tablet / phone with travel apps
- Cords, plugs, flash drive, ext. hard drive
- Portable charger, travel power strip
- Country-specific electrical adapter
- Camera, safety gear, etc.

## Where Everything Goes

- **CROSS-BODY BAG:** Travel documents, currency, phone, basic toiletries, eyeglasses, eyemask, neck pillow
- **UNDER-SEAT BAG:** laptop/tablet, journal, snacks, and other stuff needed during flight
- **OVERHEAD BACKPACK OR ROLLER BAG:** clothing, shoes, main toiletries, copies of documents and tech gear, trip-specific activities gear

## Toiletries

### PURSE:

- Travel meds, eye drops, breath mints, lip balm, tooth brush and paste, nail file, wipes, sunscreen/lotion, hair scrunchy

### MAIN BAG:

- Medications, vitamins, supplements
- Soap, laundry detergent strips
- Face mask, wash cloth
- Eye drops, lip balm, lotion, sunscreen, bug repellent, feminine hygiene
- First aid: for injuries, motion sickness, stomach upset, pain relief, colds, swelling, dehydration, muscle aches, etc.

## Miscellaneous

- **TRAVEL SNACKS:** bars, gels, instant tea and coffee, electrolyte drinks
- Eye glasses, collapsable water bottle
- Whistle, head lamp, eye mask, neck pillow
- Secret stash of currency, copies of documents
- Items unique to you (I carry binoculars, sketching supplies, electric immersion water heater, night light)  
(Plus zippered pouches, day pack, packing cubes, stuff sack, ziplock bags, rubber bands, zipties, and/or velcro strips to organize everything in your luggage)