

INTERNATIONAL TRAVEL PACKING LIST

DOCUMENTS & ID

- Passport (6+ months validity required for many countries)
- Visa / ETA
- Driver's license (+ International Driver's License if required)
- Travel insurance documents
- Photocopies / digital scans of all docs
- Itinerary saved offline (hotel addresses, confirmation numbers)

CREDIT CARDS AND LOCAL CURRENCY

- Credit card
- Debit card (backup)
- Local currency (skip airport exchange – use ATM on arrival)

ELECTRONICS

- Phone + charger
- International travel adapter (check outlet type for your destination)
- eSIM or international phone plan
- Portable charger / power bank
- Laptop / tablet + charger
- Camera + charger, lenses, memory cards
- Headphones (corded pair or AirFly adapter for in-flight TV)

CLOTHING ESSENTIALS

- Underwear
- Bras
- Socks
- Tops (short + long sleeve)
- Warmer layers (sweaters, sweatshirts, etc)
- Bottoms (pants, shorts, skirts)
- Dresses
- Jacket (lightweight, heavy duty or rain jacket depending on destination)
- Athleisure / workout clothes
- Pajamas
- Bathing suit (always worth packing just in case)
- Shoes (walking + destination-appropriate)
- Accessories (sunglasses, hat, scarf, jewelry)
- Eyeglasses / contacts

MAKEUP + TOILETRIES

- Shampoo + conditioner (under 3.4oz for carry-on)
- Body wash / soap
- Face wash + moisturizer + skincare
- Body lotion
- Deodorant
- Sunscreen
- Toothbrush + toothpaste
- Makeup
- Hairbrush + accessories
- Nail clippers + file
- Razor (checked luggage only)
- Feminine products
- Q-tips
- Hair tools (dual voltage only + heavy-duty converter)

HEALTH & MEDICATIONS

- Prescription meds in original containers (bring extra in case of delays)
- Copies of prescriptions + doctor's note
- Vitamins / supplements
- Pain reliever
- Dramamine (if prone to motion sickness)
- Melatonin (helps with jet lag)
- Band-aids + antibiotic ointment
- Hand sanitizer + disinfectant wipes
- Insect repellent (if traveling somewhere buggy)
- Electrolyte packets
- Anti-diarrheal / stomach remedies
- Travel-size tissues
- Destination-specific meds / vaccines (malaria pills, altitude medication, etc.)

FLIGHT & CARRY-ON ESSENTIALS

- Compression socks (recommended for flights over 4 hours)
- Neck pillow
- Eye mask
- Ear plugs
- Reusable water bottle
- Lip balm + lotion (plane air is very drying)
- Snacks
- Change of clothes + underwear (in case of lost luggage)
- Kindle / book
- Entertainment downloaded offline
- TSA-approved luggage locks

BAGS & MISCELLANEOUS

- Day bag / backpack
- Handbag
- Packing cubes
- AirTag (in each bag)
- Money belt / anti-theft wallet (worth it in high-pickpocket destinations)
- Travel umbrella
- Laundry sheets
- Dry bag / wet bag (for water activities or muddy adventures)
- Travel steamer (if attending events or being photographed)
- Collapsible tote (great for markets and shopping)