International Travel Packing List
THE READER’S DIGEST VERSION

CLOTHES
☐ Cargo pants
☐ Leggings
☐ Jeans
☐ Casual pants
☐ Belt
☐ Shorts (if in warm climates)
☐ T-shirts (long- and short-sleeve)
☐ Sweater
☐ Little black dress that doesn’t wrinkle
☐ Undergarments
☐ Thermal underwear
☐ Pajamas
☐ Well-fitting socks
☐ Raincoat
☐ All-weather jacket
☐ Scarf
☐ Shawl or pashmina
☐ Hat or visor
☐ Gloves (for cold climates)

SHOES
☐ Slip-on shoes
☐ Hiking boots
☐ Comfy, post-hiking shoes
☐ Chunky heels
☐ Flip-flops/shower shoes
☐ Water shoes
☐ Sandals (for warm climates)

MISCELLANEOUS
☐ Passports and visas
☐ Driver’s license/photo ID
☐ Vaccination info
☐ Sewing kit
☐ Lint roller
☐ Journal
☐ Pen
☐ Binoculars
☐ Flashlight
☐ Reading light
☐ Waterproof day bag or backpack
☐ Dry bag for cellphone or camera
☐ Reusable water bottle
☐ Sunglasses
☐ Travel documents, including insurance paperwork
☐ List of emergency contacts, plus contact numbers for credit cards and banks
☐ First-aid kit (painkillers, antacids, allergy relief, bandages, etc.)
☐ Small gifts to show appreciation to people you encounter along the way

TOILETRIES
☐ Hydrating facial spray and lotion
☐ Sunscreen
☐ Contact lenses and solution
☐ Extra glasses
☐ EpiPen, if needed
☐ Vitamins
☐ Toothbrush
☐ Toothpaste
☐ Dental floss
☐ Mouthwash
☐ Deodorant
☐ Feminine-hygiene products
☐ Birth control
☐ Brush and comb
☐ Hairstyling products
☐ Hair ties and clips
☐ Razor
☐ Aftershave/perfume
☐ Cosmetics
☐ Lip balm
☐ Travel-size shampoo and conditioner
☐ Dr. Bronner’s Pure Castile Liquid Soap
☐ Insect repellent
☐ Hand sanitizer
☐ Nail clippers and files
☐ Tweezers
☐ Travel-size tissues
☐ Prescription medications in their original packaging, plus a copy of the prescription

ELECTRONICS
☐ Universal travel adapter
☐ Cellphone
☐ Headphones or earbuds
☐ USB hub
☐ Charging cords
☐ A power bank (ideally one with a solar panel)
☐ A water purification device like a Steripen
☐ Rechargeable hand warmers
☐ Camera with charger, extra batteries and memory cards