

CARRY-ON ONLY PACKING LIST

Clothing

- 5-7 shirts (short sleeve for warm weather trips, long sleeve for cold weather trips)
- 1 pair of jeans (I might bring two for a cold weather trip longer than a week)
- 2 pairs of shorts (for warm weather trips)
- Something to sleep in (for me this means gym-style pants or shorts and a t-shirt)
- 4-5 pairs of socks
- 8-10 pairs of underwear (usually 1 per day; I'll do laundry on longer trips)
- 2 bras
- 1 bathing suit (if needed, for warm weather trips)
- 1 long sleeve shirt or sweatshirt (in case it's cold on the plane/train/bus)
- 1 hat (winter hat for cold weather trips, baseball cap for warm weather places to keep the sun off my face)

Toiletries

- Shampoo and conditioner (consider solids)
- Soap or body wash
- Toothbrush and toothpaste
- Contact solution and contact case
- Lotion
- Deodorant
- Razor
- Nail clippers (not nail scissors) and nail file
- Brush and hair elastics
- Minimal amount of make-up (depending on the trip, I might not take any)

Shoes

- 1 pair of sneakers
- 1 pair of flip-flops (for warm weather trips or for showers if I'm staying at a hostel or camping)
- Optional: 1 pair of sandals (for warm weather trips)
- 1 pair of nicer shoes (if you're packing any dressier clothing)

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Medical items

- Prescription medications (more than the amount needed for the length of the trip)
- Wound ointment
- Paracetamol (generic Tylenol or equivalent)
- Tiger Balm

Electronics

- Laptop and external hard drive (in order to keep up with blogging; consider if you really need to travel with a laptop)
- Camera, batteries, and at least 2 memory chips
- Kindle
- iPhone
- Plug adapters (depending on destination)
- All necessary cords and chargers
- Optional: Hair dryer (rarely and only if traveling where I won't need a plug adapter - hair dryers don't convert voltage)

Miscellaneous

- Sunglasses and regular prescription glasses
- Travel towel (depending on destination and usually only if I'll be swimming)
- Solid sunscreen and solid bug repellent (depending on destination)
- Tissues
- Passport (when traveling internationally)
- Immunization booklet (depends on the trip)
- Pen and paper, and sometimes print-outs of tickets, reservations and directions
- Small flashlight or headlamp (comes in handy at night or in countries where electricity isn't so reliable)
- Wallet, money, credit and ATM cards
- Stuffable bag (to carry my things for sightseeing and day trips)
- Extra zip-top bags (in case my liquids bag rips and for lots of other things along the way)
- Scanned and emailed to myself: copies of passport, ID, credit and ATM cards, plus contact phone numbers in case they get lost or stolen.