

The Ultimate Packing Checklist



TRIP DATES _____

Clothing	✓
Underwear	
Socks + Compression Socks	
Bras	
Sleepwear	
T-shirts	
Long Sleeve shirts	
Sweater	
Dress Shirts	
Dresses (nice + casual)	
Jeans + Pants	
Skirts	
Swimsuit + Coverup	
Workout outfits	
Raincoat + Umbrella	
Coat (Light/Winter)	
Casual + Walking Shoe	
Dress Shoe/Heel	
Sandal/Winter Boot	

TOILETRIES	✓
Toothbrush + Toothpaste	
Dental Floss	
Retainer	
Body Wash	
Shampoo + Conditioner	
Face Wash	
Deodorant	
Body Lotion	
Perfume	
Gua Sha	
Sunscreen	
Moisturizer (AM+PM) + Serums	
Q-Tips	
Razor + Shaving Cream	
Hair Brush + Hair Ties	
Heat protectant + Hair Spray	
Curling Iron + Flat Iron	
Contacts + Glasses	

Elizabeth's Diary

Accessories	✓
Necklaces	
Earrings	
Rings + Holder	
Watch	
Sunglasses	
Hats + Gloves	
Belt	
Purse	
Scarf	
Tech	✓
Chargers (phone, laptop, watch tablet)	
Portable charger	
Laptop	
Kindle/E-reader	
Headphones	
Travel adapter	

Backpack/Purse Items	✓
ID's + Health Insurance Card	
Passport + A printed copy	
Medicines	
Emergen-C Packets	
Liquid I.V. Packets	
Water Bottle	
Neck Pillow	
Eye Mask	
Compression Socks	
Beekeeper's Naturals Propolis Throat Spray	
Hypochlorous Acid Spray	
Outfit Change for Airport	
First aid kit	
Tissues	
Disinfectant Wipes	
Snacks	