

# LONG-TERM TRAVEL PACKING LIST

## BASIC ESSENTIALS

### ODDS & ENDS

- Scissors (blunt-edge)
- Sewing kit
- Reusable grocery bag
- Mini bungee cords (3)
- Safety pins (3)
- Rubber bands (3)
- Carabiners (2)
- Ziplock baggies (3)
- Travel luggage lock

### HEALTH & HYGIENE

- Medications
- SteriPEN Ultra water purifier
- Small first aid kit
- Shower body wipes

### ACTIVITIES & HOBBIES

- Headlamp
- Waterproof sport watch
- Crochet hook
- Collapsible water bottle
- FlipBelt
- Winter gloves
- Winter hat
- Cheap Sunglasses

### OVERNIGHT THINGS

- Travel towel
- Sleeping bag Liner
- Sleep mask
- Ear plugs
- Inflatable travel pillow
- Pad lock

### LAUNDRY ITEMS

- Fels Naptha laundry soap bar
- Sea to Summit dry sack 4L (1)
- Soap sheets
- Shout wipes

## LIQUIDS

- 30% DEET insect repellent (2)
- Face wash
- BB cream
- Toothpaste

## CLOTHING

### TOPS

- Tank tops (2)
- Camisoles (2)
- Flannel shirt
- Cotton T-Shirts (2)
- Dry-fit running shirts (3)
- Dry-fit base layer
- Fitness quarter-zip
- PJ t-shirt
- Bra (2)
- Sports bra
- Fleece jacket
- Waterproof jacket
- Baseball hat
- Kikoy (scarf)

### BOTTOMS

- Waterproof pants
- Fitness capris
- Cotton dress
- Cotton Shorts
- Fitness shorts (2)
- Swimsuit
- Socks
- Jeans
- Running socks
- Travel underwear (2)

## TECHNOLOGY

- MacBook
- iPad
- iPhone 7 & SIM
- Amazon Fire TV Stick
- USB Reading Light
- MacBook charger
- USB-C to Lightning Cable
- USB-C to USB Adapter
- Lightning to USB Cable
- USB Power Adapter Cube
- Headphones
- Sleep Headphones
- World Adapter Plug
- Headphone splitter
- Apple World Travel Adapter

## TOILETRIES

### MAKEUP

- Foundation
- Blush
- Blush brush
- Eyeshadow
- Mascara
- Chapstick

### HAIR

- Collapsible hairbrush
- Bobby pins
- Hair ties (4)
- Baby powder
- Silk head wrap
- Pretty headband
- Running Headband
- Empty Travel-size spray bottle

### ODDS & ENDS

- Travel folding toothbrush
- Floss
- Razor & spare blade
- Tweezers
- Nail file
- Nail clippers
- Deodorant

## DOCUMENTS

- Passport
- Old passport
- Passport copy (5)
- Passport photos (6)
- Phone purchase receipt copy
- US Driver's License
- International Driver's Permit
- Proof of vaccine card & copy
- Checkbook
- Notebook
- Pen
- Contact business cards
- Select credit cards

## SHOES

- Running shoes
- Flip flops
- Black flats
- Waterproof hiking shoes