



## General Packing List

Over packing is so easy to do, so I've provided this helpful packing list that I use as a starting point for any of my 1 – 2 week trips! I even used a similar list for a month long trip in South Africa, so it is definitely a comprehensive list!

### Clothing Staples

- 1 pair of jeans
- 2 pair of leggings
- 2 pair of shorts
- 8 pairs of undies
- 1 strapless bra, 1 regular bra, 2 bralettes, 1 sports bra
- 3 casual shirts (cotton/lightweight/tank top or T shirt type)
- 1 pair of Sunglasses
- 3 “dressy” tops (good to layer with jeans for dinner, nightlife)
- 3 dresses, rompers, or 2-piece sets
- 1 bathing suit
- 1 pair of nice sandals
- 1 pair of tennis shoes
- 1 pair of closed toe shoes
- 4 pairs of socks.
- 1 pair of pajamas

### Toiletries

- Toothbrush
- Mini toothpaste
- Mini deodorant
- Face wash
- Razor
- Travel size reef safe sunscreen (not always readily available)
- Everyday cosmetics (including a small eyeshadow palette)
- Any medications you may need

### Miscellaneous (I put most of these in my backpack, in case my carry on gets checked from full overhead compartments)

- Camera gear
- Chargers
- Laptop
- Wallet
- Passport
- Universal adapter
- Extra duffel (to check at the end of the trip with your souvenirs, in the carry on)
- Reusable water bottle
- A good book

### Weather Dependent

- 1-2 jackets of varying weight (In South Africa, I had a leather jacket, and a compressible down jacket)
- If you're headed somewhere warmer, don't bother with jeans or more than 1 pair of leggings. Instead – swap for an extra sundress, a beach cover-up, or more bathing suits!
- Lightweight rain jacket (mine is from North Face and rolls up smaller than the size of a soda can!)
- Sarong to use as a blanket/beach towel
- Hat if you are headed somewhere sunny!

Of course, this isn't every single thing that you may need – everyone travels differently! This is the list that I personally use as a starting point and adjust from there! Sometimes you need way more layers in cold environments, or can scrap any layers in hot tropical areas, but it's always good to be prepared! Be sure to share your packing tips in the comments section so we know if I missed something!

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