

DEPARTING:

ARRIVING:

DESTINATION:

ONE BAG PACKING LIST FOR HER

SHOES

- Black Flats
- Sandals
- Tennis Shoes or Hiking Boots

SHIRTS

- 1 Merino Wool long sleeve
- 4 Thin Tanks
- 3 T-Shirts
- 1 "fancy shirt"
- 2 Sweaters/Cardi

PANTS

- 2 Stretchy and Breathable Pants with Pockets
- 2 Capri's
- 1 pair of leggings or exercise pants

OUTERWEAR AND SWIMSUITS

- Rain Jacket or Puffer
- Zip Up Fleece
- 1 Swimsuit

UNDERGARMENTS

- 1 pair of underwear for each night
- 4-5 pairs of socks
- 2 Sports Bra
- 1 Normal Bra

TOILETRIES

- Travel Hair Brush
- Hair Ties/Bobby Pins
- Razor (or just wax before and skip it- depends on your growth rate or comfortability with au natural)
- Tweezers (I used to skip this till I had a terrible splinter- never again)
- Toothpaste and Toothbrush

DEPARTING:

ARRIVING:

DESTINATION:

- Floss
- Travel size dry shampoo (A LIFE SAVER)
- Travel Size Deodorant
- Perfume sample (comes free with some orders)
- Jojoba oil
- Shampoo, conditioner and lotion in travel size
- Sunscreen and Aloe
- Menstrual Cycle needs- tampons, diva cup, etc

MAKEUP

- Mascara
- Eyeliner or Eye Shadow (rarely both)
- Tinted Moisturizer and Concealer (Skip foundation)
- Bronzer or Blush (Pick one)
- One lipstick for nights out on the town
- Jewelry- one necklace and earrings- or buy one from a local artisan

MEDICINE

- Tylenol or pain reliever
- Stool Softener
- Anti-Diarrhea
- Allergy/Benadryl
- Birth Control (unless implanted)
- Epi-Pen (if you need one)
- Midol
- Any medications for the location like yellow fever, malaria etc. Check in with your doctor before visiting certain places to make sure you will be well and healthy

MISC

- Sun Dress
- Gloves
- Hat
- Bug Repellent
- Wet Wipes
- A few ziplock baggies
- Converter or adapters for the destination
- Curling Iron or straightener if you are going to a "fancy" event
- KT Tape
- Flashlight

DEPARTING:

ARRIVING:

DESTINATION:

KEEP IN THE FRONT POUCH FOR TRAVEL

- Compression socks
- Little jojoba oil
- Chargers and headphones
- Extra battery stick for phone
- Phone with pre downloaded podcasts and Netflix
- Moment Lenses and Tripod
- Book or Reading Material
- Sunglasses
- Gum and Snacks
- Passport, money and general wallet items
- Purell, chapstick, and eye drops
- Neck Pillow (blow up) eye mask and ear plugs if needed
- Foldable water bottle