

## Packing List (Reprintable as Needed)

### *Clothes (All these pieces must coordinate with each other)*

- 1 jacket or cardigan or windbreaker and/or pashmina for evenings
- 2 to 5 bottoms (you decide depending on the duration & purpose of your trip)
  - \_\_\_\_\_ 1 dark denim jean (straight leg/no gimmicks)
  - \_\_\_\_\_ 1 pant
  - \_\_\_\_\_ 1 active wear lounge pant
  - \_\_\_\_\_ 1 active wear short
  - \_\_\_\_\_ 1 skirt or dress
- 3 to 5 tops
  - \_\_\_\_\_ tank top with straps wide enough to cover your bra straps
  - \_\_\_\_\_ camisole for easy layering with some feminine detailing
  - \_\_\_\_\_ white T-shirt (not a man's undershirt)
  - \_\_\_\_\_ button-up blouse with collar and long sleeves
  - \_\_\_\_\_ collarless print top - think evening wear

### *Other Necessities*

- bathing suit
- tunic top (use as a bathing suit cover-up and top for day or evening wear)
- shoes:
  - \_\_\_\_\_ evening heel (metallic/strappy)
  - \_\_\_\_\_ polished flat or walking shoe (a ballet flat; think comfort for walking while shopping or site seeing) without looking matronly)
  - \_\_\_\_\_ athletic activity shoe (running, going to the gym, hiking, biking, golfing)
  - \_\_\_\_\_ flip flop (wear to the fitness facility, pool, beach, in your hotel room)
- hose/socks for each type of shoe
- tote bag (carry on bag / sight seeing bag)
- daytime purse with hands-free capability (cross-body is best)
- evening clutch
- hat (fashion yet functional for sun protection)
- travel size umbrella
- double-sided fabric tape (quick fixes on hems or gaping blouse)
- Lint roller. Choose mini size.
- Seam ripper (removes tags without needing scissors)
- Ziploc™ bags (organizes items to bring home)

### *Toiletries*

- lip balm with SPF
- sunscreen
- face
  - \_\_\_\_\_ cleanser (foil pouch or sample size)
  - \_\_\_\_\_ toner (pre-moisten on cotton pads in a Ziploc™ bag)
  - \_\_\_\_\_ eye makeup remover (pre-moisten on cotton pads in a Ziploc™ bag)
  - \_\_\_\_\_ daytime moisturizer (foil pouch or sample size)
  - \_\_\_\_\_ night cream (foil pouch or sample size)
  - \_\_\_\_\_ eye cream
- cotton swabs
- hand sanitizer (in your tote bag or carry on)
- hand cream (travel size)
- dental floss or flossers
- toothbrush
- toothpaste (travel size)
- shampoo (travel size or foil pouch sampler)
- conditioner (travel size or foil pouch sampler)
- fragrance (tester size/sample tube)

### *Cosmetics*

- Foundation. Consider a mineral base; it serves as a 4-in-1: foundation, concealer, all-over powder, and sunscreen.
- Eyebrow pencil / shadow
- Eyeliner
- 2 eye colours:
  - \_\_\_\_\_ Light (overall with shimmer)
  - \_\_\_\_\_ Dark (contour or use wet as a liner)
- Mascara (waterproof is recommended for tropical vacations)
- Lip pencil (use to fill in lip as a colour base to last for hours)
- Lip stick
- Lip gloss
- Blush
- Cosmetic brushes: foundation, large eye shadow, precision eye shadow, blush
- Cosmetic blending sponge
- Finishing spray

### *Vitamins*

- Multi
- Vitamin C (helps keep your immune system strong)
- Herbal Gravol™ (motion sickness ginger tablets without sleepy effects)  
Available at book stores in the airport

### *Money: credit cards, debit cards, traveller cheques, cash*

### *Documents*

- Passport
- Flight Schedule
- Hotel: Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone #: \_\_\_\_\_  
Confirmation #: \_\_\_\_\_
- Car Name: \_\_\_\_\_  
Rental Confirmation #: \_\_\_\_\_

### *Hair*

- Flat iron
- Hair dryer (if the hotel does not provide one)
- Comb
- Brush
- Styling and finishing products (travel size)

### *First Aid - (Prepare in a sandwich size Ziploc™ bag.)*

- 6 acetaminophen (e.g.: Tylenol™) / or other painkiller
- 2 indigestion tablets (for incidental heartburn)
- 2 bandages
- Cold medicine (a few tablets)
- Antihistamine tablets (in case of an allergic reaction)
- Ointment (foil pouch)
- Ear plugs

### *Hardware*

- Laptop / charge cord
- Cell phone / charge cord
- Camera & extra batteries or battery charger / charge cord
- Reading material (magazine, soft cover book)
- iPod / iPad / charge cord
- Earbuds

### *Personal Essential Travel Additions*

- Medications: take with you in your carry on in case your checked luggage gets lost. List them below:

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