



The Ultimate Packing List

The most comprehensive packing list you'll ever need — 250+ items organized by category

Full guide: <https://yopki.com/travel-tips/what-are-travel-essentials-must-have-items-every-trip>

THE 5-4-3-2-1 PACKING RULE

A smart baseline for a 1-week trip. Adjust up or down based on trip length:

Count	Item	Why
5	Tops (mix of t-shirts, blouses, layers)	One per day + variety
4	Bottoms (pants, shorts, skirts)	Rewearable, mix & match
3	Shoes (walking, dressy, activity-specific)	Cover all occasions
2	Outerwear / jackets	Light layer + warm option
1	Hat / sun protection	One good hat does the job

CLOTHING — BASE LIST

Tops

- T-shirts / casual tops (3-5)
- Long-sleeve shirt (1-2, for sun protection or cool evenings)
- Button-down / blouse (1, for nice dinners or cultural sites)
- Tank tops / camisoles (2-3)
- Light sweater or pullover (1)
- Hoodie or zip-up fleece (1)

Bottoms

- Jeans or long pants (1-2)
- Shorts (2-3)
- Skirt or dress (1-2)
- Athletic / hiking pants (1, for active days)
- Leggings (1-2, versatile for travel days, yoga, layering)

Outerwear

- Light rain jacket or windbreaker (packable)
- Warm jacket or down layer (if cold climate)
- Light cardigan or wrap (for air-conditioned spaces and flights)

Underwear & Sleepwear

- Underwear (7+ — one per day, quick-dry if possible)
- Bras / sports bras (2-3)
- Socks — everyday (5-7 pairs)

- Socks — athletic/hiking (2-3 pairs, wool blend for moisture wicking)
- Sleepwear (1 set — or use a comfortable t-shirt and shorts)
- Thermal base layer top (cold climate trips)
- Thermal base layer bottom (cold climate trips)

Swimwear

- Swimsuit / trunks (1-2)
- Rash guard / swim shirt (sun protection)
- Swim cover-up or sarong

Accessories

- Belt (1)
- Scarf or bandana (versatile: warmth, sun protection, head covering for temples)
- Sun hat or baseball cap
- Sunglasses (plus a backup pair if prescription)
- Gloves and warm hat (cold climate)
- Pajamas or sleep clothes

SHOES

 *Wear your bulkiest shoes on the plane to save luggage space.*

- Comfortable walking shoes (broken in! — sneakers or walking shoes)
- Sandals or flip-flops (for beach, pool, hostel showers)
- Dress shoes (if needed for restaurants, events, or business)
- Hiking boots or trail shoes (if doing outdoor activities)
- Water shoes (for rocky beaches, river activities, boat trips)
- Slippers or hotel room shoes (optional but nice for long trips)

TOILETRIES

 *TSA 3-1-1 Rule: Liquids must be 3.4 oz (100ml) or less, all fitting in 1 quart-sized clear zip bag, 1 bag per person.*

Basics

- Toothbrush and toothpaste
- Floss and mouthwash (travel size)
- Deodorant / antiperspirant
- Shampoo and conditioner (travel bottles or solid bars)
- Body wash or soap (travel size or bar soap — no liquid limit!)
- Face wash / cleanser
- Moisturizer (face and body)
- Razor and replacement blades (check bag only for loose blades)
- Shaving cream (travel size)
- Comb or hairbrush
- Hair ties and bobby pins
- Hair styling products (travel size)

Skin & Sun

- Sunscreen SPF 50+ (reef-safe if visiting ocean destinations)
- Lip balm with SPF
- After-sun lotion or aloe vera gel
- Insect repellent (DEET-based for tropical destinations)
- Hand cream / cuticle cream (planes are extremely dry)

Extras

- Makeup and makeup remover (what you'll actually use)
- Contact lenses + solution + case (carry extra lenses)
- Tweezers (checked bag only)
- Nail clippers (small allowed in carry-on, check TSA)
- Cotton swabs / Q-tips
- Tissues / pocket pack
- Wet wipes / face wipes
- Feminine hygiene products (may be hard to find abroad)
- Cologne / perfume (solid or rollerball for travel)

MEDICATIONS & HEALTH

Prescriptions

- All prescription medications (original containers, doctor's letter)
- Prescription glasses / contacts with a backup pair
- EpiPen (if needed — carry on person at all times)
- Inhaler (if needed)
- Birth control

Over-the-Counter

- Pain relievers (ibuprofen AND acetaminophen)
- Antihistamine (for allergies, bites, and as a sleep aid)
- Anti-diarrheal (Imodium/loperamide)
- Antacid (Tums, Pepto-Bismol tablets)
- Dramamine / motion sickness remedy
- Melatonin (for jet lag)
- Cold/flu medication (DayQuil, NyQuil)
- Throat lozenges / cough drops
- Electrolyte packets (Liquid IV, Nuun, Pedialyte)

First Aid

- Adhesive bandages (various sizes)
- Blister pads (Compeed or moleskin — essential for walking trips)
- Antiseptic cream (Neosporin)
- Antiseptic wipes
- Gauze pads and medical tape
- Elastic bandage (ACE wrap)

- Hydrocortisone cream (for bug bites and rashes)
- Eye drops (for dry eyes on flights)
- Thermometer (small digital)

TECH & ELECTRONICS

- Phone + phone case
- Phone charger cable (pack 2 — one for carry-on, one for checked bag)
- Portable power bank (20,000mAh recommended, must be in carry-on)
- Universal power adapter (or destination-specific adapter)
- Laptop / tablet + charger (if needed)
- E-reader (Kindle) + charger
- Camera + charger + extra memory cards + lens cleaning cloth
- GoPro / action camera + mounts + charger
- Headphones (noise-canceling for flights — game changer)
- Wired earbuds backup (for airplane entertainment systems)
- Smartwatch + charger
- Lightning / USB-C / micro-USB cables (whichever you need)
- Multi-port USB charger (charge everything from one outlet)
- Travel power strip (if multiple devices need charging)
- Portable WiFi hotspot (if needed)
- Tripod or phone mount (for photos and video calls)
- Memory card reader
- Waterproof phone pouch (for beach, pool, water activities)
- AirTag or Tile tracker (put one in each bag)

TRAVEL DOCUMENTS

- Passport (valid 6+ months beyond return)
- Visa documentation
- Driver's license / state ID
- International Driving Permit
- Travel insurance policy (printed + digital)
- Flight confirmations / boarding passes
- Hotel confirmations
- Car rental confirmation
- Tour / activity booking confirmations
- Vaccination records
- Photocopies of all documents (separate from originals)
- Digital copies of all documents in cloud storage
- Emergency contact list (with international dialing codes)
- Credit card company phone numbers (international collect-call numbers)
- Travel itinerary for family/emergency contact back home

CARRY-ON ESSENTIALS (Your In-Flight Survival Kit)

- Passport and travel documents
- Wallet with cards and some local currency
- Phone and charger
- Headphones (noise-canceling)
- Neck pillow (memory foam or inflatable)
- Eye mask (blackout style)
- Earplugs (foam or silicone)
- Light blanket or large scarf/pashmina
- Compression socks (prevents swelling on long flights)
- Refillable water bottle (empty through security, fill after)
- Snacks (protein bars, nuts, dried fruit)
- Entertainment (book, Kindle, downloaded movies/shows)
- Pen (for customs/immigration forms)
- Change of underwear and socks (in case luggage is delayed)
- Essential toiletries in TSA-approved bag
- Any medications you need during the flight
- Laptop / tablet for work or entertainment
- Chewing gum or hard candy (for ear pressure)
- Hand sanitizer and face wipes
- Lip balm and hand cream (planes are very dry)

COMFORT & CONVENIENCE

- Packing cubes (game changer for organization)
- Compression bags (for bulky items)
- Laundry bag (separate dirty clothes)
- Ziplock bags — various sizes (wet swimsuits, leaks, snacks, organization)
- Reusable shopping bag / tote (for day trips and groceries)
- Travel umbrella (compact)
- Clothesline / bungee cord (for drying hand-washed items)
- Sink stopper (universal, for hand-washing clothes)
- Travel pillow
- Sleep mask
- Earplugs (for noisy hotels)
- Doorstop alarm (extra hotel room security)
- Small padlock (for hostel lockers or zipping bags together)
- Carabiner (attach water bottle, bags, etc.)
- Duct tape (wrap some around a pen — fixes anything)
- Safety pins (3-4)
- Sewing kit (mini)

MONEY & SECURITY

- Primary credit card (no foreign transaction fees)
- Backup credit card (different network — Visa + Mastercard)
- Debit card for ATM withdrawals
- Local currency (small bills for arrival)
- USD emergency cash (\$100-200)
- Money belt or hidden pocket (for high-risk areas)
- RFID-blocking wallet or card sleeves
- Luggage locks (TSA-approved for checked bags)
- Cable lock (for securing bags to furniture)
- AirTags / Tile trackers in each bag

ADD-ONS BY TRIP TYPE

Beach / Tropical Trip

- Reef-safe sunscreen (SPF 50+)
- After-sun aloe vera gel
- Waterproof phone pouch
- Beach towel (quick-dry microfiber)
- Snorkel and mask (or plan to rent)
- Rash guard / UV protection swim shirt
- Water shoes
- Dry bag (for electronics at the beach)
- Beach cover-up / sarong
- Insect repellent (tropical destinations)
- Waterproof camera or GoPro
- Cooler bag (if driving to the beach)

Cold Weather / Ski Trip

- Thermal base layers (top + bottom, merino wool ideal)
- Insulated waterproof jacket
- Insulated waterproof pants or ski pants
- Warm hat / beanie
- Ski gloves or insulated waterproof gloves
- Liner gloves (for phone use)
- Neck gaiter / balaclava
- Wool or thermal socks (3+ pairs)
- Hand warmers and toe warmers
- Snow boots or insulated waterproof boots
- Ski goggles
- Lip balm with SPF (cold + altitude = chapped lips fast)
- Moisturizer (cold air is extremely drying)

Camping / Hiking / Adventure

- Hiking boots (broken in!)
- Hiking socks (merino wool, 3+ pairs)
- Moisture-wicking base layers
- Rain gear (jacket + pants or poncho)
- Daypack / hiking backpack
- Headlamp + extra batteries
- Pocket knife or multi-tool (checked bag only!)
- Water bottle or hydration bladder
- Water purification (tablets, filter, or SteriPEN)
- Trekking poles (if serious hiking)
- Quick-dry towel
- Insect repellent (DEET 30%+)
- Bear spray (if applicable)
- Whistle (emergency signaling)
- Paracord / rope
- Firestarter (checked bag only)
- Sunglasses (UV400, polarized)

Business Trip

- Business suits / professional attire (use garment bag)
- Dress shirts / blouses (wrinkle-resistant fabric)
- Dress shoes (wear on the plane to save space)
- Ties / accessories
- Lint roller
- Portable steamer or wrinkle-release spray
- Business cards
- Laptop + charger
- Portable mouse / keyboard
- Presentation clicker / laser pointer
- Portfolio / notepad / pen
- Professional bag or briefcase

Family / Baby Travel

- Stroller (lightweight, travel-friendly — check airline policy for gate-checking)
- Car seat (if renting a car — or research rental options at destination)
- Baby carrier / wrap (for hands-free sightseeing)
- Diapers (enough for travel days + first day — buy more at destination)
- Wipes — lots of wipes
- Diaper cream / rash ointment
- Changing pad (portable)
- Bottles and formula / breastfeeding supplies
- Baby food / snacks / pouches

- Sippy cups / water bottles for kids
- Pacifiers (pack extras — they disappear)
- Blanket and lovey / comfort item
- Extra change of clothes for baby AND parent (in carry-on — blowouts happen)
- Children's pain reliever / fever reducer (Tylenol/Motrin)
- Thermometer
- Baby sunscreen (SPF 50+, mineral based for sensitive skin)
- Toys and entertainment for the plane (new small toys = magic)
- Tablet with downloaded shows and kid headphones (volume-limited)
- Snack trap / spill-proof snack containers
- Plastic bags for dirty clothes / diapers
- Night light (for unfamiliar hotel rooms)
- Baby monitor (portable/phone-based)
- Childproofing items (outlet covers, cabinet locks)

CARRY-ON SIZE GUIDE BY AIRLINE

Airline	Carry-On Size	Personal Item	Weight Limit
American Airlines	22" x 14" x 9"	18" x 14" x 8"	None
Delta Air Lines	22" x 14" x 9"	18" x 14" x 8"	None
United Airlines	22" x 14" x 9"	17" x 10" x 9"	None
Southwest Airlines	24" x 16" x 10"	18.5" x 8.5" x 13.5"	None
JetBlue	22" x 14" x 9"	17" x 13" x 8"	None
Spirit / Frontier	22" x 18" x 10"	18" x 14" x 8"	None (fee for carry-on)
British Airways	22" x 18" x 10"	16" x 12" x 6"	51 lbs (23 kg)
Ryanair	21.5" x 15.5" x 7.5"	15.5" x 9.5" x 7.5"	22 lbs (10 kg)
Emirates	22" x 15" x 8"	Included in above	15 lbs (7 kg)
Singapore Airlines	22" x 15" x 8"	Included in above	15 lbs (7 kg)
ANA / JAL	22" x 16" x 10"	Included in above	22 lbs (10 kg)

 Always verify with your specific airline before traveling — policies change frequently.

BEFORE YOU LEAVE HOME

- Lock all doors and windows
- Set thermostat to away/eco mode
- Turn off all lights (or set smart lights to timer mode)
- Unplug small appliances (fire prevention + saves energy)
- Run garbage disposal and take out trash
- Start dishwasher / put away clean dishes
- Turn off oven and stove
- Check all faucets are off
- Clean out perishable food from fridge
- Set mail hold or arrange collection
- Activate home security system / cameras
- Give spare key to trusted neighbor or house sitter

- Water plants or arrange for plant care
 - Arrange pet care
 - Close blinds / curtains (energy + privacy + no one sees you're away)
-

Created by Yopki | Plan your trip at yopki.com

Plan smarter. Travel better.