

CARRY-ON ONLY PACKING LIST

CLOTHES

Outerwear

- Lightweight Jacket or Blazer
- Dress Coat + Down Vest*
- Hooded Rain Jacket*

Tops

- 2-5 Tees + Tanks (Cotton, Silk)
- 1-2 Sweaters (Cotton or Wool)
- Long-Sleeve Cotton Tee*

Bottoms

- 1-2 Pants (Denim, Black, Olive)
- Dress, Skirt, or Dress Shorts
- Cotton Sleep Shorts
- Nylon Athletic Shorts*
- Leggings or Joggers*

Shoes

- Booties or Loafers
- Sandals or Heels
- Sneakers*

Accessories

- 1-2 Bras
- 3-5 Pairs Panties
- 2-4 pairs socks (Thin + Thick)
- Necklace, Bracelet, Earrings
- Belt (Black, Brown, Olive)
- Sunglasses
- Prescription Glasses*
- Blanket or Loop Scarf*
- Panama or Wool Hat (or Cap)*
- Swimsuit*
- Watch*

Bags

- Duffel Bag or Rollerboard
- Tote or Small Backpack
- Crossbody Bag or Wristlet*

PACKING TIPS

- 01** Pack natural and performance fabrics. They're lightweight, handwash easily, dry quickly, and don't hold odor.
- 02** To avoid wrinkles, lay clothes flat in a stack, then simply fold or roll the stack.
- 03** Wear heaviest clothes on flights.

TOILETRIES

Makeup Bag

- Lip Balm
- Blush + Lip Tint Stick
- Highlighter Stick
- Mascara + Eyeliner
- Concealer
- Daily Vitamin + Probiotics

Skincare + Haircare Kit

- Hair Brush + Elastics + Pins
- Deodorant (Weleda Citrus Spray)
- Face + Body Oil or Lotion
- Face Spray or Toner
- Feminine Care (Lena Cup, Liners)
- Sunscreen Lotion or Stick*
- Lavender Essential Oil Spray*
- Dry Shampoo (Cornstarch)*
- Perfume*

Shower Kit

- Shampoo (Conditioner if needed)
- Castile Soap (Dr. Bronner's)
- Face soap or scrub
- Toothbrush + Toothpaste + Floss
- Nail Clippers + Nail File + Tweezers
- Shaving Razor
- Washcloth (Raw Silk or Nylon)
- Cotton Balls + Q-Tips

First Aid Kit

- Band-Aids
- Antibiotic Cream (Neosporin)
- Aspirin, Immodium, Benadryl, Zinc
- Activated Charcoal Tablets
- Prescriptions (Original Containers)
- Insect Repellent Balm or Spray*
- BioBands (For Nausea)*

Depending on trip type and length, items in italics may not be needed.

04 Use Ziploc 2-gallon + quart bags as packing cubes, laundry, compression bags.

05 Buy travel size toiletries and refill with everyday versions, or decant into clean contact cases, cosmetic bottles or mini jars. Pack solids, bars, sticks where possible.

06 Natural castile soap can be used for face and body, shaving, laundry, dishes, fruits and vegetables, and as toothpaste.

ESSENTIALS

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In Flight Kit

- Thermos or Reusable Bottle
- Snacks (Nuts, Protein, Carbs)
- Picnic Kit (Spork, Corkscrew)
- Natural Wet Wipes or Sanitizer
- Sleep Mask (Merino Wool Buff)
- Ear Plugs (Bring Extras!)
- Pen, Notebook, Sticky Notes
- Book or Magazine
- Tissues

Electronics

- Phone + Charger
- Headphones (Noise-Canceling)
- Camera + Charger + Cards*
- Camera Remote + WiFi Adapter*
- Laptop, Tablet or E-Reader*
- International Power Converter*
- Portable Phone Charge Pack*

Paper Goods

- Passport + IDs + Insurance
- Credit Cards + Cash (\$1/5/20s)
- Tickets + Vouchers*
- Paper Copies of IDs, Itineraries, Tickets, Destination + Emergency Contacts, Passwords, Maps*
- Thank You Cards (For Hosts)*

Miscellaneous

- Ziploc 2-Gallon + Quart Bags
- Reusable Grocery Bag Tote
- Safety Pins + Mini Sewing Kit
- Headlamp or Micro Flashlight*
- Carabiner + Mini Duct Tape Roll*
- Apps, Podcasts, Music. Backup*
- Phone + Clear Space for Photos*

07 Create staging zones for each packing category. Lay everything out on a bed or rug, then organize and pack.

08 Keep toiletries and in flight kits pre-packed. Simply store them in your carry-on.

09 Remove all "maybe" pieces. Pack a week of outfits. Handwash as needed. Pack heavy items on bottom, most used items on top. Pack light. Travel well! —Where With Elle