








Packing List Updated

 Assign	
 Status	
 Property	
 Month	
 Related to Research Readings (Property)	

▼ Travel Documents

- ☐ Passport
- ☐ online form picture
- ☐ ID and Bank card
- ☐ driver license
- ☐ money (Cash and card)
- ☐ printed vaccine papers
- ☐ printed hotel booking
- ☐ printed tickets

▼ 2022 Must- Haves

- ☐ Face masks box
- ☐ hand sanitizer
- ☐ antiseptic wipes
- ☐ normal wipes
- ☐ tissues

▼ Backpack

- ☐ passport
- ☐ cash

- ☐ wallet (ID, bank card, and driver license)
- ☐ airpods
- ☐ Old phone for travel sim card
- ☐ Power bank and cable
- ☐ Sunglasses
- ☐ stomach meds
- ☐ tablet
- ☐ House keys
- ☐ wipes and tissues
- ☐ water bottle that folds
- ☐ card holder
- ☐ iphone pin (to change sim cards)
- ☐ kindle
- ☐ money belt
- ☐ one energy bar, gum
- ☐ travel mini journal and pen and highlighter
- ☐ chronic disease meds

▼ Carry on

- ☐ Work laptop and charger
- ☐ Makeup pouch
- ☐ Iphone charger
- ☐ Iwatch charger
- ☐ Ipad charger
- ☐ Setting spray
- ☐ Travel adaptor
- ☐ kindle charging cable
- ☐ glasses box

- ☐ PJ
- ☐ socks and underwear
- ☐ full meds pack
- ☐ travel blanket
- ☐ book
- ☐ Adidas hat
- ☐ straightener brush
- ☐ 2 shirts just in case
- ☐ laundry bag
- ☐ hair ties and clips and bobby pins
- ☐ brush
- ☐ plaster
- ☐ Brushes pack
- ☐ Sweater
- ☐ Long sleeve shirts x2 (just in case)
- ☐ daily purse that can fit water bottle
- ☐ fiber towel

▼ Toiletries (in carry on)

- ☐ mini shampoo
- ☐ mini shower gel
- ☐ deodorant
- ☐ toothpaste
- ☐ toothbrush
- ☐ face wash mini
- ☐ moisturizer
- ☐ lip palm

- ☐ perfume
- ☐ sunscreen
- ☐ makeup remover and cotton pads
- ☐ niacinamide
- ☐ under eye night cream
- ☐ under eye prep
- ☐ day cream
- ☐ makeup wipes pack
- ☐ makeup wipes separate

▼ Meds (in carry on)

- ☐ inhaler or other chronic meds
- ☐ allergy nose spray
- ☐ headache meds
- ☐ stomach pain meds
- ☐ sleep supplements
- ☐ period meds
- ☐ muscle cream for soreness
- ☐ muscle spray
- ☐ allergy meds, pills and cream
- ☐ vitamins (in checked bag)
- ☐ probiotics
- ☐ Immunity supplements

▼ Food or dietary restrictions (in carry on)

- ☐ Granola pack
- ☐ muslei pack
- ☐ shia seeds pack
- ☐ snack bars (low sugar, or gluten free, exc.)

☐ instant coffee just in case

☐ herbal tea

▼ Checked bag

☐ Belt

☐ Packed food

☐ nail clipper

☐ Hair brush

☐ packing cubes

☐ shoes 2 pairs (sandals and loafers)

☐ Slippers for hotel

☐ 1 pj

☐ sweatpants

☐ tops x5

☐ bermuda shorts x1

☐ jeans x1

☐ Capri leggings

☐ skirt

☐ summer dresses x2

☐ jacket or coverup x2

☐ swimsuit x1 and short

☐ workout top and bottom

☐ underwear and bras

☐ under tops

☐ Under dress

☐ socks

☐ dinner outfit (dress and blazer)

☐ 2 books

- ☐ jewelry and accessories (ring and necklaces)
- ☐ non-prescription sunglasses
- ☐ Toiletries full size if any are needed
- ☐ pads

▼ Things to buy there

- ☐ Yogurt to eat
- ☐ Orange juice
- ☐ Hair spray and spray disinfectant

▼ Things to do before leaving the house

- ☐ Check your passport and money is in ur bag
- ☐ Throw out garbage
- ☐ Turn off ac or heater
- ☐ Freeze remaining fruits that it works for them (banana; strawberry; berry)
- ☐ Write a grocery list so its ready once u r back to just order
- ☐ Make ur bed
- ☐ Organize ur room
- ☐ Close your curtains
- ☐ Store away your valuables (gold, money, electronics, watches, exc.)
- ☐ Book an airport taxi or van
- ☐ Call the bank to inform them of ur trip and expected max withdrawal (no longer needed for some banks as long as you keep your current number working and receiving messages, check with your bank to be sure)
- ☐ keep your keys in an easy to remember and find pocket

▼ Things to do once you arrive back

- ☐ Order groceries
- ☐ Store away your passport
- ☐ Take a nap

▼ references

- <https://nomadparadise.com/summer-vacation-packing-list/>
- https://www.smartertravel.com/wp-content/uploads/2019/05/The-Ultimate-Packing-List_Interactive-FINAL.pdf
- <https://writerunboxed.com/2018/04/21/the-definitive-packing-list-for-authors/>
- <https://www.neverendingvoyage.com/carry-on-travel-packing-list/>