

<Insert trip name> | <Insert Time period>

## COVID supplies

- ☐ Check in
  - ☐ Masks - 1 mask/day + 2 extra
  - ☐ Hand sanitizer
  - ☐ Disinfectant wipes
  - ☐ COVID tests
- ☐ Carry on
  - ☐ Masks - 1 mask/ flight + 2 extra
  - ☐ Hand sanitizer
  - ☐ Disinfectant wipes
  - ☐ At home COVID test kit + cartridges

## Toiletries

### Mandatory

- ☐ Check in
  - ☐ Tooth brush
  - ☐ Toothpaste
  - ☐ Loofah
  - ☐ Shower Gel
  - ☐ Shampoo
  - ☐ Conditioner
  - ☐ Dry shampoo
  - ☐ Face wash
  - ☐ Scrub
  - ☐ Lotion
  - ☐ Sunscreen
  - ☐ Lip balm
  - ☐ Sanitary Napkins (1 entire pack)
  - ☐ Razor
  - ☐ Hair brush
  - ☐ Toner
  - ☐ Serum - Lactic Acid
  - ☐ Serum - Vitamin C

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- ☐ Moisturizer
- ☐ Carry on
  - ☐ Travel sized face wash
  - ☐ Travel sized toothpaste
  - ☐ Travel sized sunscreen
  - ☐ Hand cream
  - ☐ Face masks
  - ☐ Wipes
  - ☐ Hand sanitizer
  - ☐ Blotting sheets
  - ☐ Travel sized hair brush

## Optional

- ☐ Face masque (3 per long trip)
- ☐ Q Tips (handful)
- ☐ Cotton pads (2/day)
- ☐ Travel sized dry shampoo

# Clothes

## Uppers

- ☐ T shirts

☐
- ☐ Pajama tops

☐
- ☐ Blouses - everyday

☐
- ☐ Dresses

☐
- ☐ Travel uppers

☐
- ☐ Cardigans

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☐

☐ Sweaters

☐

## Lowers

- ☐ Jeans - black (QUANTITY:\_\_\_\_\_)
- ☐ Jeans - blue (QUANTITY:\_\_\_\_\_)
- ☐ Jeans - miscellaneous (QUANTITY:\_\_\_\_\_)
- ☐ Skirts
- ☐ Shorts

☐

- ☐ Tights (QUANTITY:\_\_\_\_\_)
- ☐ Pajamas (QUANTITY:\_\_\_\_\_)
- ☐ Travel lowers

## Unders

☐ Bras

☐

- ☐ Panties
- ☐ Stockings
- ☐ Socks

## Make up

- ☐ Foundation
- ☐ Blush
- ☐ Eye liner (2)
- ☐ Mascara
- ☐ Lipsticks (2)
- ☐ Makeup brush
- ☐ Eye shadow
- ☐ Eye shadow brush

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## Accessories

### Mandatory

☐ Bracelet

☐ Earrings

☐ Shoes

☐

☐

☐ Bag - large

☐ Bag - messenger

☐ Hair ties

☐ Bobby pins

☐ Hair clips

☐ Hair grips

☐ Sunglasses

### Optional

☐ Necklaces

☐ Clutch

☐ Scarves

☐ Pairs of gloves

☐ Beanies

## Food

### Optional

☐ Chips

☐ Noodles

☐ Nimco

☐ Chocolate chip cookies

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## Electronics

### Mandatory

- ☐ Phone
- ☐ Phone charger
- ☐ Laptop
- ☐ Laptop charger
- ☐ Kindle
- ☐ Kindle charger
- ☐ Hair drier
- ☐ Headphones
- ☐ Earphones

### Optional

- ☐ Tablet
- ☐ Tablet charger
- ☐ Bluetooth speakers
- ☐ Bluetooth speakers charger
- ☐ Straightener
- ☐ Curling iron
- ☐ Instax camera
- ☐ Instax film
- ☐ Travel adaptors
- ☐ Extension cord

## Miscellaneous

### Mandatory

- ☐ Skin care pouch
- ☐ Toiletries pouch
- ☐ Make up pouch
- ☐ Jewelry pouch
- ☐ Daily use pouch

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- ☐ Hair accessories pouch
- ☐ Pens
- ☐ Notebook
- ☐ Laundry bags (1 per week)

## Optional

- ☐ Towel (1 large and 1 small)
- ☐ Swimming costume
- ☐ Swimming goggles
- ☐ Swimming cap
- ☐ Tablet case

## Documents

- ☐ Visa (if separate)
- ☐ Passport
- ☐ Tickets
- ☐ Hotel reservations
- ☐ ID
- ☐ Credit cards
- ☐ Cash (Home country currency)
- ☐ Cash (Local currency)