

## Packing Tips for Your International Trip

Packing for a trip to Europe can be exciting yet daunting, considering the diverse cultures, climates, and activities across the continent. Here are some comprehensive packing tips to help you prepare efficiently:

- **Research Your Destinations:** Europe is vast and encompasses various climates and cultures. Research each destination's weather forecast, cultural norms, and planned activities to pack accordingly.
- **Pack Lightly:** Aim to pack lightly to ease mobility, especially if you plan to move between cities or countries frequently. Choose versatile clothing items that can be layered for warmth or dressed up for evenings out. And remember, cars in Europe tend to be smaller than here in the States. Trunks and stowage capability are likely to be less than you're used to here.
- **Split Up Your Gear:** If traveling with a companion, pack half of your clothes in the other person's suitcase. That way, if one bag gets lost, each of you has half of your gear and enough to get started with until your bag is located or you can go shopping.
- **Comfortable Shoes:** Invest in comfortable walking shoes suitable for cobblestone streets and long days of sightseeing. Consider waterproof options if traveling during the rainy season.
- **Adapters and Chargers:** European countries often use different plug types and voltages. Bring a universal travel adapter and ensure your electronics are compatible with European voltage (typically 220-240 volts). (See my other guides "Voltage Guide for European Travel" and "My Favorite Travel Essentials" for more helpful information.)
- **Travel Documents:** Organize your travel documents in a secure and easily accessible pouch. Include passports, visas (if required), travel insurance details, itinerary, and emergency contact information. Be sure to carefully read all documents you are provided with as they are chock full of important information.
- **Medications and First-Aid:** Pack essential medications in their original containers, along with a small first-aid kit containing band-aids, pain relievers, antihistamines, and stomach remedies. **DO NOT** pack medications, hearing aids, glasses or other essential items in your checked bags. Always carry these in your hand luggage.
- **Daypack or Crossbody Bag:** Bring a lightweight daypack or crossbody bag for daily excursions, carrying essentials such as water bottles, snacks, sunscreen, a map, and a portable charger. Opt for bags with anti-theft features such as hidden zippers, anti-slash straps, RFID blocking technologies and hidden compartments. Whenever possible, keep bags in front of you, never on your back, and never keep essentials like wallets and cell phones in your back pockets.



CLOTHES/ACCESSORIES

✓ QTY.

- Underwear
- Socks/Stockings
- Undershirts/bras
- Sleepwear
- T-shirts
- Dress shirts
- Casual shirts
- Jeans
- Pants
- Shorts
- Dresses

✓ QTY.

- Skirts
- Sweaters/sweatshirts
- Formal wear (where appropriate)
- Swimsuits/cover-ups
- Coats/jackets/rainwear
- Hats
- Gloves
- Scarves
- Umbrella
- Laundry kit (soap/stain remover)
- Laundry bag

✓ QTY.

- Leisure shoes
- Hiking/athletic shoes
- Walking shoes
- Dress shoes (suitable for dancing)
- Sandals/flip-flops
- Belts
- Ties
- Jewelry (if valuable, put in carry-on)
- Purses
- Collapsible totes
- Under-clothing document holders



TOILETRIES

- Toothbrush
- Toothpaste
- Dental floss
- Soap
- Deodorant
- Shampoo/conditioner
- Brush/comb
- Hairstyling tools
- Face cleanser

- Face lotion/gel/etc.
- Sunscreen
- Moisturizer
- Contact lenses
- Contact solution
- Shaving supplies
- Makeup
- Makeup remover
- Menstrual products

- Nail file
- Nail clippers
- Tweezers
- Hand sanitizer
- Bandages
- First-aid ointment
- Insect repellent
- OTC medications
- Prescription medication



MISC.

- Cell phone
- Laptop/tablet
- Electronic chargers

- Plug adaptor
- Binoculars
- List of medications

- Emergency contacts
- Credit-card/bank contacts
- Copies of passport/creditcard/etc.



CARRY-ON

- Books or e-books
- Video/music player
- Earbuds/headphones
- Pashmina/travel blanket
- Travel pillow
- Ear plugs/eye mask
- Tissues
- Lip balm

- Change of clothes
- Food/snacks/gum
- Empty water bottle (fill post-security)
- In-flight medications
- Valuables, such as jewelry
- Camera w/memory card
- Passport/visa/ID
- Paper/pen

- Cash
- Credit/ATM cards
- Insurance cards (medical/travel)
- Itinerary
- Maps/directions
- Guidebook
- Address book
- House/car keys