What to Pack (on a Trip of any Length)

What to pack when travelling? An old adage suggests bringing half as much clothing and twice as much money. This is a list of the maximum amount of stuff one should ever need to cart around (and all of it—except for what you’ll be wearing—will fit into a single carry-on-sized bag). Eliminate items whenever possible. Minimize clothing by selecting a uniform (one or two) colour scheme. Choose fabrics carefully: natural fabrics wrinkle more easily and dry more slowly than modern synthetics. Learn to “bundle wrap”, to avoid wrinkles and save space. And remember that there are two kinds of luggage: carry-on and lost (aka “mishandled”).

- Dressy jacket
- 2–4 shirts/blouses/tops
- 2 pairs trousers/skirts (shorts?)
- 3+ pairs socks
- 3+ pairs undergarments
- Long (lightweight) underwear
- Swimsuit
- Dark (cardigan) sweater
- Rainwear (umbrella?)
- Parka, coat, or equivalent
- Long T-shirt or sarong (nightclothes?)
- Necktie, scarf,shawl, hairband, bandanna
- Gloves / mittens
- Sun hat / knitted cap, hat clip
- 1 pair dressing shoes (laces?)
- 1 pair walking shoes/boots (laces?)
- Flip-flops or sandals
- Belt
- Travel pack or shoulder bag (& luggage cart?)
- Daypack (fanny pack? purse?)
- Lightweight duffel/laundry bag
- Luggage lock(s) (cable?)
- Alarm clock/watch (batteries?)
- Flashlight, headstrap, extra batteries (bulbs?)
- Knife, screwdrivers, pliers, scissors
- Spoon (fork? chopsticks? spork?), (coffee tin lid) plate or bowl
- Compass
- Whistle
- Door lock
- Safety pins, cord, fasteners
- Sewing kit, including large needle to accommodate dental floss
- (Ziploc®) plastic bags, garbage bags
- Repair tape (packing tape? glue?)
- Toothbrush, cap, tooth cleaner, floss
- Razor, blades, shaving lubricant
- Comb and/or hairbrush
- Shampoo, bar soap & container
- Deodorant
- Nail clippers
- [Unbreakable] mirror
- Viscose towel (washcloth?)
- Inflatable travel pillow
- Earplugs (sleep mask?)
- Sleep sack (sleeping bag? bivouac sack? blanket? tent?)
- Detergent
- (Surgical latex braid) clothesline (carabiner?)
- Universal (flat) sink stopper
- Inflatable hangers [to dry clothes]
- Toilet paper, water squirt bottle, antibacterial wipes
- (Chemical or mechanical) water purifier
- Analgesic of choice
- Diarrhea treatment of choice
- Infection treatment of choice
- Malaria tablets
- Insect repellent, mosquito net
- Sunscreen, lip balm
- Tweezers
- Bandages (other first aid?)
- Menstrual, contraceptive, and/or prophylactic supplies
- Vitamins, necessary medications (collapsible) plastic water bottle & cup
- Dark glasses, retainer, case
- Lens cleaning cloth/supplies, copy of prescription (spare glasses?)
- Pen(s), small notebook, glue stick [for notes, addresses, diary, …]
- Personal address book (stamps?)
- Maps, guidebooks, phrase books, Post-it® notes, restaurant lists, membership cards, business/calling cards, telephone access numbers
- Reading material
- Large envelopes [to mail things home]