From the "One Bag" Web Site 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 dressy 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?)

(surgical latex braid) clothesline (carabiner?) universal (flat) sink stopper inflatable hangers [to dry clothes]

detergent

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

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]

dark glasses, retainer, case

prescription (spare glasses?)

lens cleaning cloth/supplies, copy of

passport, visas, extra passport photos, vaccination certificates copies of important documents (international?) driver's license, health insurance information travel tickets charge & ATM cards, cash (traveller's cheques?)

2 personal cheques security pouch [worn under clothes]

Specialty Items:

camera (lenses? flash? tripod? extra cards & batteries? charger? download adapter?) cellular telephone (charger/adapter(s)/battery?) laptop computer (flash drive? power cord/adapter(s)? network cable(s)?) jump rope (solar) calculator foodstuffs gifts

For a detailed explanation of the items (and philosophy) on this list, visit:

OneBag.com

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