

# THE LOCAL GUIDE ABROAD: MASTER PACKING CHECKLIST

Carry-on essentials for a lighter, faster travel day.

## THE TRANSIT KIT

### Personal Item Bag)

Keep this under your seat.

- Passport / ID
- Credit cards & physical cash
- Phone & portable power bank
- Charging cables (Phone & headphones)
- Headphones / Earbuds
- Prescription medications (Full trip supply)
- Reusable water bottle (Empty before security)
- Pen (For customs forms)
- Glasses / Contact lenses & case
- Light snack

### CLOTHING (The Mix-and-Match)

Wear your bulkiest items on the plane.

- 4-5 Versatile tops
- 2-3 Everyday bottoms (Pants, shorts, or skirts)
- 1 Mid-layer (Lightweight sweater, fleece, or pullover)
- 1 Outer layer (Weather-appropriate jacket or shell)
- 5-7 Pairs of underwear
- 4-5 Pairs of socks
- 1 Set of comfortable sleepwear
- Primary walking shoes (Wear on plane)
- Secondary packable shoes

### MINIMALIST TOILETRIES

Pack just enough to get started.

- Toothbrush & travel toothpaste
- Deodorant (Solid stick preferred)
- Face wash & daily moisturizer
- Travel-sized sunscreen
- Lip balm
- Minimal grooming / makeup kit
- Pain relievers (Ibuprofen/Acetaminophen)
- Band-aids (Just a few for blisters)

### ESSENTIAL TECH

Keep the cable clutter to an absolute minimum.

- Multi-port wall charger
- Universal travel adapter (If traveling internationally)



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## PICK YOUR DESTINATION

### Beach & Warm Weather

For coastal trips, resorts, and humid climates.

- 1-2 Swimsuits
- Sun hat or baseball cap
- Sunglasses
- Beach cover-up or rash guard
- Towel clips for sun chairs
- Small, deflated pool floaties
- Flip-flops or water shoes
- Aloe vera (Travel size)

### Urban Exploring (Europe & City Trips)

For heavy walking, changing weather, and dinners.

- 1 Nicer evening outfit (Wrinkle-resistant)
- Packable day-bag or crossbody bag
- Compact travel umbrella or packable rain shell
- Small pouch (for coins)

### Active, Cabin & Cold Weather

For hiking, road trips, and temperature drops.

- Thermal base layers (Top and bottom)
- Warm hat / Beanie
- Lightweight gloves
- Wool socks (Replaces standard cotton socks)
- Packable down jacket
- Daypack for hikes
- Insect repellent (Travel size)zzz