



UNIVERSAL Packing LIST

Dates: _____ | # Days: _____ | Expected Weather: _____

Clothes, Shoes, & Accessories

✓	QTY.		✓	QTY.		✓	QTY.	
<input type="checkbox"/>	<input type="text"/>	Underwear	<input type="checkbox"/>	<input type="text"/>	Dresses	<input type="checkbox"/>	<input type="text"/>	Sneakers
<input type="checkbox"/>	<input type="text"/>	Socks	<input type="checkbox"/>	<input type="text"/>	Skirts	<input type="checkbox"/>	<input type="text"/>	Hiking shoes or boots
<input type="checkbox"/>	<input type="text"/>	Bras	<input type="checkbox"/>	<input type="text"/>	Sweaters	<input type="checkbox"/>	<input type="text"/>	Dressier shoes
<input type="checkbox"/>	<input type="text"/>	Sleepwear or loungewear	<input type="checkbox"/>	<input type="text"/>	Sweatshirts	<input type="checkbox"/>	<input type="text"/>	Sandals, flip flops, house shoes, etc.
<input type="checkbox"/>	<input type="text"/>	T-shirts & casual shirts	<input type="checkbox"/>	<input type="text"/>	Outerwear: fleece or other jacket	<input type="checkbox"/>	<input type="text"/>	Shoe covers for packing: plastic shower caps, or other
<input type="checkbox"/>	<input type="text"/>	Dressier items: suit, blazers, shirts, blouses, etc.	<input type="checkbox"/>	<input type="text"/>	Rain jacket	<input type="checkbox"/>	<input type="text"/>	Accessories: Jewelry, scarves, tie, belts, going-out handbag, etc.
<input type="checkbox"/>	<input type="text"/>	Pants & jeans	<input type="checkbox"/>	<input type="text"/>	Hat (sun protection)	<input type="checkbox"/>	<input type="text"/>	Cold weather accessories: hat, gloves, scarf, long underwear, hand warmers, etc.
<input type="checkbox"/>	<input type="text"/>	Shorts & skorts	<input type="checkbox"/>	<input type="text"/>	Hiking clothes	<input type="checkbox"/>	<input type="text"/>	Special activities gear: water shoes, snorkel gear, skis/snowboard, etc.
<input type="checkbox"/>	<input type="text"/>	Fitness clothes	<input type="checkbox"/>	<input type="text"/>	Swimsuit & cover-up	<input type="checkbox"/>	<input type="text"/>	Laundry: laundry bag, stain remover, delicates bag, soap, drain stopper, etc.

Personal Care & Fitness

✓	QTY.		✓	QTY.		✓	QTY.	
<input type="checkbox"/>	<input type="text"/>	Toothbrush	<input type="checkbox"/>	<input type="text"/>	Shaving supplies: razor, cream, etc.	<input type="checkbox"/>	<input type="text"/>	Orthodontic items: retainers, rubber bands, wax, etc.
<input type="checkbox"/>	<input type="text"/>	Toothpaste	<input type="checkbox"/>	<input type="text"/>	Body moisturizer	<input type="checkbox"/>	<input type="text"/>	Nail care tools: clippers, files, etc.
<input type="checkbox"/>	<input type="text"/>	Dental floss	<input type="checkbox"/>	<input type="text"/>	Face cleansers	<input type="checkbox"/>	<input type="text"/>	Tweezers
<input type="checkbox"/>	<input type="text"/>	Mouthwash	<input type="checkbox"/>	<input type="text"/>	Face moisturizers	<input type="checkbox"/>	<input type="text"/>	Feminine care products
<input type="checkbox"/>	<input type="text"/>	Deodorant	<input type="checkbox"/>	<input type="text"/>	Acne treatments	<input type="checkbox"/>	<input type="text"/>	Personal care wipes
<input type="checkbox"/>	<input type="text"/>	Shampoo & conditioner	<input type="checkbox"/>	<input type="text"/>	Other facial creams	<input type="checkbox"/>	<input type="text"/>	Travel fitness gear: yoga mat, resistance bands, etc.
<input type="checkbox"/>	<input type="text"/>	Soap	<input type="checkbox"/>	<input type="text"/>	Makeup	<input type="checkbox"/>	<input type="text"/>	Travel sewing kit
<input type="checkbox"/>	<input type="text"/>	Hair styling products	<input type="checkbox"/>	<input type="text"/>	Sunscreen	<input type="checkbox"/>	<input type="text"/>	Extra resealable plastic bags

	<input type="checkbox"/>	<input type="text"/>	Hair accessories: ties, clips, bands, etc.	<input type="checkbox"/>	<input type="text"/>	Contact lens items (.e.g. solution, cases, back-up lenses, etc.)	<input type="checkbox"/>	<input type="text"/>	Vitamins
	<input type="checkbox"/>	<input type="text"/>	Brush & comb	<input type="checkbox"/>	<input type="text"/>	Glasses cleaner & shammy	<input type="checkbox"/>	<input type="text"/>	Medical kit (see separate list)
	<input type="checkbox"/>	<input type="text"/>	Hair styling tools: hair dryer, curling iron, etc.	<input type="checkbox"/>	<input type="text"/>	Rewetting eye drops	<input type="checkbox"/>	<input type="text"/>	
	✓	<input type="text"/>	QTY.	✓	<input type="text"/>	QTY.	✓	<input type="text"/>	QTY.
Other	<input type="checkbox"/>	<input type="text"/>	Swiss army knife for picnics/scissors	<input type="checkbox"/>	<input type="text"/>	Games & cards	<input type="checkbox"/>	<input type="text"/>	Money belt
	<input type="checkbox"/>	<input type="text"/>	Backup copies: passports, credit cards, IDs	<input type="checkbox"/>	<input type="text"/>	Insect repellent	<input type="checkbox"/>	<input type="text"/>	Reusable tote bag
	<input type="checkbox"/>	<input type="text"/>	Portable speaker for music	<input type="checkbox"/>	<input type="text"/>	Binoculars	<input type="checkbox"/>	<input type="text"/>	Gifts
	✓	<input type="text"/>	QTY.	✓	<input type="text"/>	QTY.	✓	<input type="text"/>	QTY.
Carry-On	<input type="checkbox"/>	<input type="text"/>	Cell phone &/or tablet	<input type="checkbox"/>	<input type="text"/>	Hand sanitizer	<input type="checkbox"/>	<input type="text"/>	Camera: lenses, GoPro, selfie stick/tripod, lens cleaners, battery chargers
	<input type="checkbox"/>	<input type="text"/>	Laptop	<input type="checkbox"/>	<input type="text"/>	If applicable: face masks	<input type="checkbox"/>	<input type="text"/>	Snacks, mints & gum
	<input type="checkbox"/>	<input type="text"/>	E-reader (e.g., Kindle, etc.)	<input type="checkbox"/>	<input type="text"/>	Passport	<input type="checkbox"/>	<input type="text"/>	Writing: pens, pencils, journal, &/or notepad
	<input type="checkbox"/>	<input type="text"/>	Other tech/games: Nintendo Switch, etc.	<input type="checkbox"/>	<input type="text"/>	Travel wallet: IDs, insurance, credit & ATM cards, cash, etc.	<input type="checkbox"/>	<input type="text"/>	Travel pillow
	<input type="checkbox"/>	<input type="text"/>	If applicable: school devices/homework	<input type="checkbox"/>	<input type="text"/>	Glasses & case	<input type="checkbox"/>	<input type="text"/>	Personal care items: lip balm, moustieriers, menstrual products, medications, etc.
	<input type="checkbox"/>	<input type="text"/>	Headphones: noise-cancelling or other	<input type="checkbox"/>	<input type="text"/>	Sunglasses & case	<input type="checkbox"/>	<input type="text"/>	Valuables
	<input type="checkbox"/>	<input type="text"/>	Electronic chargers: plugs, cables, portable chargers, power banks, etc.	<input type="checkbox"/>	<input type="text"/>	If applicable: bifocals/cheaters	<input type="checkbox"/>	<input type="text"/>	Change of clothes
	<input type="checkbox"/>	<input type="text"/>	Plug adaptors for international travel	<input type="checkbox"/>	<input type="text"/>	Travel cross-body bag or handbag	<input type="checkbox"/>	<input type="text"/>	Itinerary: digital & paper
	<input type="checkbox"/>	<input type="text"/>	Eye mask	<input type="checkbox"/>	<input type="text"/>	Backpack	<input type="checkbox"/>	<input type="text"/>	Emergency banking & other contacts list
	<input type="checkbox"/>	<input type="text"/>	Tissue packs	<input type="checkbox"/>	<input type="text"/>	Empty refillable water bottle(s)	<input type="checkbox"/>	<input type="text"/>	Copies of important travel docs



UNIVERSAL Packing LIST: Medical Kit

GatherandGoTravel.com

Medical Kit*

✓	QTY.		✓	QTY.		✓	QTY.	
<input type="checkbox"/>	<input type="text"/>	Cold suppressant: UMCKA	<input type="checkbox"/>	<input type="text"/>	Children's ibuprofen: Advil or generic, chewable	<input type="checkbox"/>	<input type="text"/>	TUMS
<input type="checkbox"/>	<input type="text"/>	Digital thermometer	<input type="checkbox"/>	<input type="text"/>	Bacitracin: Neosporin or generic	<input type="checkbox"/>	<input type="text"/>	Afrin
<input type="checkbox"/>	<input type="text"/>	Adult acetaminophen: Tylenol or generic	<input type="checkbox"/>	<input type="text"/>	Band-aids	<input type="checkbox"/>	<input type="text"/>	Allergy nasal spray: Claritin or generic
<input type="checkbox"/>	<input type="text"/>	Adult ibuprofen: Advil or generic	<input type="checkbox"/>	<input type="text"/>	Hydrocortisone ointment	<input type="checkbox"/>	<input type="text"/>	Allergy medicine: Claritin or generic antihistamine
<input type="checkbox"/>	<input type="text"/>	Adult diphenhydramine: Benadryl or generic	<input type="checkbox"/>	<input type="text"/>	Anti-nausea medication: prescription strength Zofran	<input type="checkbox"/>	<input type="text"/>	Aloe vera
<input type="checkbox"/>	<input type="text"/>	Sudafed	<input type="checkbox"/>	<input type="text"/>	Anti-diarrheal: Imodium or generic	<input type="checkbox"/>	<input type="text"/>	Prescription medication(s)
<input type="checkbox"/>	<input type="text"/>	Children's acetaminophen: Tylenol or generic, chewable	<input type="checkbox"/>	<input type="text"/>	Pepto-Bismol	<input type="checkbox"/>	<input type="text"/>	

*Medical kit does not include over-the-counter skin care treatments or vitamins. These are included on main packing list.

For product recommendations & more packing list detail, read, "[Pack Faster & Better With This Universal Printable Packing List](#)" on gatherandgotravel.com.