



CLOTHES

- Thin layers long sleeves(7) and pants (2)
- Workout wear (2)
- Wool socks, dry wick or similar
- Cold weather Day clothes (7 sets)
- Evening clothes (3 to 5 sets)
- Tights, fleece lined leggings (2 pairs)
- Hand warmers (rechargeable or disposable)
- Sweaters, Gloves, Scarf (wool/warm)

ACCESSORIES



- Belt (pack don't wear)
- Shoes (walking, boots, dress)
- Jewelry (2 necklaces, 2 pairs of earrings;
choose versatile but nothing expensive)
- Day pack or cross body bag
- Small evening purse
- Foldable bag with luggage tag (check bag,
use on departure for soiled clothes)
- Travel Pillow & Blanket (if traveling Economy)

TECH

- Tablet
- Smartphone
- Bluetooth headset
- Charging cables for all devices (keep in 1 bag)
- Converter, if traveling internationally
- Portable charger



TOILETRIES

- Shampoo and conditioner
- Hair styling products, Hair Clip
- Moisturizer
- Toothbrush, toothpaste & floss
- Razor and shaving cream
- Perfume, cologne, or aftershave
- Prescription eyeglasses, contacts & solution
- Laundry detergent (travel size)



IMPORTANT DOCUMENTS

- Passport (2 copies, leave 1 at home)
- Driver's license
- Reservation confirmations (printed & digital)
- Travel and event tickets (printed & digital)
- Map of destination (printed & app)
- Country guide

MEDICAL (CARRY-ON)

- Prescription medications
- Vitamins/supplements
- Pain relievers
- Hand sanitizer
- Sunscreen
- Lip balm
- First aid kit
- Small sewing kit



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