

PACKING TIPS – From TRAVELING TWOSOME

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So, what should you pack for your trip? **As little as possible.**

This is truly a hard thing to do is pack light, but you will thank yourself when you are dragging your bag over cobblestone streets trying to get to your hotel.

Ask yourself, “Will I use this enough to justify the weight”? Most of the time, the answer is no. And you can always buy things that you didn’t bring, like clothes, medicine, or an umbrella. We would get clothing from thrift stores for the weather and then donate them back when we no longer needed them.

We used the plan that if we bought something, something else had to be left behind or donated.

Also, you can do laundry overseas, so I like to carry enough clothes for 7-10 days, do laundry, and then repeat. There’s no need to bring a lot of stuff when you can just wash what you have.

As for the long answer on what to pack, below are some suggested packing lists, but you should tailor this to your needs.

1. Clothes

MEN

- 5 t-shirts
- 2 long-sleeved T-shirt
- 1 pair of jeans (Steve started with 2 pair of jeans)
- Lightweight travel pants
- 2 vests (with lots of hidden pockets)
- 1 pair of shorts
- 7 pairs of underwear
- 1 bathing suit
- 1 pair of flip-flops, 1 pair of sneakers
- 8 pairs of socks
- 1 dress shirt (for going to a respectable place in the evening)
- Rain jacket
- Sweatshirt
- A hat with a brim that will shade your face and a pair of sunglasses

WOMEN: (If you are going to the same climate during your trip, these are divided out by climate)

Hot Climates

- 5–7 thin and simple tank tops and T-shirts that can easily mix and match with different bottoms
- 2–3 pairs of shorts of varying lengths (avoid denim in humid countries, as it takes a long time to line dry)
- 2 long skirts or dresses
- 2–3 pairs of light cotton pants and/or leggings
- 1 set of sleepwear
- Sufficient underwear to last you at least a week; I suggest 7 pairs of panties, 2 bras, and 2 sports bras
- 2 sets of interchangeable swimwear
- 2 pairs of thin socks and 1 pair of normal socks for hiking
- 1 pair of hiking or running shoes (I loved my Hoka Shoes – ended up replacing them twice during the trip because I wore them out.)
- 1 pair of flip-flops or sandals
- A hat with a brim that will shade your face and a pair of sunglasses
- 1 sarong or big scarf when a modest dress is called for and cooler evenings

Temperate Climates

- 2–3 tank tops for layering
- 2–3 long-sleeved shirts for layering
- 2–3 T-shirts
- 2–3 tunic shirts or dresses (that will go well with leggings)
- 1 set of sleepwear
- 1 pair of jeans or thick pants
- 1–2 pairs of shorts of varying lengths
- 1–2 pairs of leggings
- Sufficient underwear to last you at least a week; I suggest 7 pairs of panties, 2 bras, and 2 sports bras
- 4 pairs of socks: some for sports shoes and some for boots
- 1 pair of boots or closed-toed shoes (wear in transit to save space)
- 1 pair of hiking or running shoes (I loved my Hoka Shoes – ended up replacing them twice during the trip because I wore them out.)
- 1 pair of flip-flops or sandals
- 1 jacket, preferably something waterproof, for all occasions

Cold Climates

- 3–4 long-sleeved shirts for layering
- 2 thermal shirts (and/or base leggings)
- 2–3 sweaters and/or sweater dresses
- 2 pair of jeans or thick pants
- 2–3 pairs of leggings for layering
- 1 set of sleepwear
- Sufficient underwear to last you at least a week; I suggest 7 pairs of panties, 2 bras, and 2 sports bras
- 7 pairs of thick socks
- 1 pair of snow boots
- 1 heavy coat
- 1 pair of gloves
- 1 scarf
- 1 beanie or winter hat

2. Toiletries

- 1 toothbrush, small toothpaste, floss
- Small comb or brush
- Hairbands
- Deodorant
- 1 razor
- 1 small bottle of shampoo (refillable bottle)
- 1 small bottle of shower gel (refillable bottle)
- 1 towel (everyone has this on their lists – we took small ones but didn’t use them often)
- Sunscreen, insect repellent
- Menstrual products, contacts, and contact solution

3. Small Medical Kit

- Band-Aids
- Hydrocortisone cream
- Antibacterial cream
- Tweezers and fingernail clippers
- Tylenol or Advil
- Hand sanitizer or wet wipes
- Small scissors
- Your prescriptions (I suggest keeping them in their prescription bottles while traveling.)

4. Miscellaneous

- Travel adapters & charger station (you can charge all your things at one time!)
- A key or combination lock
- Headlamp (if you are hiking or out in nature, we just use our phone light)
- Ziplock bags
- LifeStraw (water filter) or reusable water bottles
- Cross-body messenger bag – anti-theft, featuring a wire running through the strap, RFID blocking, and zippers that lock.
- Packing cubes
- Refillable travel bottles
- 65 L backpack (ours had wheels) and a smaller backpack for carry-on and daytime use
- Small reusable bag for grocery shopping
- Hanging toiletry bag
- Makeup – small amounts; purchase more as you go.
- Small sewing kit and safety pins
- A pen with duct tape wrapped around it (you can always use duct tape, but don't need a whole roll.)
- Shower cap – can also be used to put dirty shoes inside
- Blow up sleeping mat (the beds in Europe are as soft as a tabletop 😊)
- Entertainment – pack of cards, Yahtzee, portable Bluetooth speakers
- Kindle (I just used my phone to read books)
- Binoculars with smartphone adapter
- Gimbal/phone stabilizer – if you want great videos to share.
- Air tags/Tiles – put in your luggage, backpacks, or wallet to track your gear if it goes missing.
- Do not take expensive jewelry. Wear only simple items that don't attract attention.

5. Gear

- Laptop
 - We bought an HDMI cable to connect our laptop to TVs so we could watch things in English.
- Smartphone
- Universal power adapter/converter
- External battery/portable charger
- Kindle (or read on your phone)
- Camera (smartphone photos worked just great for us)
- Noise-canceling headphones, earplugs