INTERNATIONAL TRAVEL PACKING CHECKLIST 2024



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LUGGAGE & BAGS

- Carry-on suitcase
  - check budget airline size limits like Ryanair's here
- Personal item bag (fits under the seat)
- Packing cubes
- Compact luggage scale - Avoid overweight fees
- Daypack or foldable backpack

TSA-APPROVED TOILETRIES (3-1-1 COMPLIANT)

- Clear toiletry bag
- Travel-size shampoo/conditioner
- Toothbrush & toothpaste
- Deodorant (solid preferred)
- Sunscreen (3oz or less)
- Razor (manual or electric, not disposable blades in carry-on)
- Moisturizer & lip balm

TRAVEL INSURANCE & DOCUMENTS

- Passport (+ copies or photo backup)
- Visa (if required)
- Boarding passes / travel confirmations
- Travel insurance - Travelex's affordable coverage here ✅
- Emergency contacts
- Credit/debit cards + travel-friendly wallet

TRAVEL EXTRAS

- Foldable water bottle
- Travel pillow
- Sleep mask + earplugs
- Snacks for the flight
- Pen (for customs forms)
- Book, e-reader, or entertainment



TECH & ELECTRONICS

- Multi-port USB charger
- Universal adapter
- Power bank
- Phone with eSIM capability
- eSIM plan or local SIM
- Headphones (noise-canceling recommended)
- Device chargers & cords

CLOTHING (CAPSULE WARDROBE STYLE)

- 2-3 neutral tops
- 2 bottoms (shorts/pants/skirt)
- 1-2 layering pieces (jacket/cardigan)
- Undergarments & socks (3-5 pairs)
- Sleepwear
- Swimsuit (especially for tropical climates)
- Comfortable walking shoes
- Sandals or flip-flops (optional)
- Rain jacket or compact umbrella

HYGIENE & HEALTH

- Travel-sized first aid kit
- Reusable face masks (optional but helpful)
- Prescriptions/medications
- Hand sanitizer
- Wet wipes/tissues
- Microfiber quick-dry towel

LAST-MINUTE ESSENTIALS (DON'T FORGET!)

- Downloaded maps & translations
- Offline copies of tickets/hotel details
- Small laundry detergent/travel soap
- Change of clothes in personal item
- Toothbrush in carry-on
- Flight and hotel bookings - Compare Trip.com prices here ✅