



Carry On Checklist

- Passport
- Copy of passport
- E-reader/book
- Batteries
- Headphones
- Charger(s)
- Emergency charger (something similar to this [link](#))
- Travel blanket/pillow
- Glasses
- Mini contact solution
- Contact case
- Medication
- Travel toothbrush
- Travel toothpaste
- Converter (something like this [link](#) be sure to check country compatibility as not all converters are created equal or can be used in all countries)
- Tickets (i.e., tours, train, etc.)
- Water bottle
- Hand sanitizer
- Change of clothes (this will be a blessing should your luggage not make it to your destination)

Clothing

- Pajamas
- Shorts
- Jeans/pants
- Shirts

Underwear

- Socks (Plus extras you can never have enough)
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- Long socks (should you be hiking or are wearing boots)
- Sports bra
- Bras

Footwear

- Shoes
- Boots/Hiking shoes
- Flip flops

Toiletries

- Deodorant
- Toothbrush
- Make up
- Face lotion
- Hair ties
- Contact solution
- Lotion
- Women's hygiene products
- Q-tips
- Hair brush
- Band aids
- Contact lens case
- Toothpaste
- Nail clippers (recommend if traveling longer than 2 weeks)
- Face wash
- Soap (I like bar soap, easier to travel with)
- Shampoo (I bring a travel size just in case the AirBnB runs out)
- Conditioner (I bring a travel size just in case the AirBnB runs out)
- Extra pair of contacts
- Eye drops

Fun in the sun

- Swimsuit
- Sunblock
- Rash guard (surfing)
- Sunglasses
- Baseball hat or other type of hat

Cold weather items

- Gloves
- Scarfs
- Jackets
- Hat
- Sweaters

Miscellaneous

- Blister protection (I love moleskin [link](#))
- Scissors (for the moleskin)
- Tide laundry pods
- Pepto-Bismol
- Imodium
- Melatonin
- Magnesium
- Ibuprofen
- Ibuprofen PM
- Bug spray (refer to the [CDC](#) for bug spray recommendations and areas at risk of bug-carrying diseases)