



Wanderlust and Lipstick
P.O. Box 16102
Seattle, WA 98116

General Packing List

Clothes

Blouses_____
Dress pants_____
Short sleeve shirts_____
Shorts_____
Jeans_____
Tops_____
Pajamas_____
Underwear_____
Workout clothes_____
Dress socks_____
Gym socks_____
Belt_____
Jacket_____
Dress shoes_____
Sandals_____
Walking/workout shoes_____
Bathing suit_____
Scarves_____

First aid kit

- Tiger balm
- Mossie repellent
- Band aids
- Immodium
- Antibiotics
- Hand sanitizer/handwipes

Toiletries

- Shampoo
- Conditioner
- Hand lotion
- Facial soap
- Facial moisturizer
- Sunscreen
- Makeup

- Razor
- Hair gel
- Toothbrush
- Toothpaste
- Floss
- Deodorant
- Hairbrush
- Q-tips
- Vitamins
- Hair ties
- Earplugs

Electronics

- Laptop
- Camera
- Power supply for camera
- GoPro camera
- Power supply and accessories for GoPro
- SD cards
- XShot camera extender
- iPod
- Bose headphones
- Phone
- Phone charger
- External hard drive/backup for images
- Kindle
- Kindle power cords
- Headlamp
- International plug adaptors

Miscellaneous items

- Books
- Guidebooks
- Maps
- Jewelry
- Eye shade
- Notepad/journal
- Sunglasses
- Business cards
- Briefcase or backpack
- Travel docs
- Passport
- Driver's license
- Pens
- Gifts
- SteriPen water purifier
- Frequent flier card
- Neck pillow
- Luggage locks

Food

- Decaf tea bags/Starbucks VIA
- Emergen-C
- Snacks
- Protein bars

Pack as little as possible and bring only one carry-on if you can manage. Wear your heavier clothes and shoes on the flight.

Dress in layers when there's a wide range of temperatures at your destination.

Note – Educate yourself on what's appropriate to wear at your destination. For women, baring your shoulders, knees and elbows might not be appropriate in some countries. For men, shorts might not be appropriate. The more you can blend in with the locals, the more you'll be accepted and respected.