



TRAVEL

What to Pack

The Essentials List

*ALWAYS check the weather before you pack and make sure you take appropriate clothing for the climate.

CLOTHING

- Shorts/pants
- Shirts
- Swimsuits & cover ups
- Dinner night attire if you want to dress up a bit
- Undergarments
- Socks/tights

SHOES

- 2 pair comfortable walking shoes so you can switch off and avoid blisters
- 1 pair to match your evening attire
- 1 pair for the pool or beach: If you are doing an excursion that is water based, you may need water shoes.

TOILETRIES

- Feminine products
- Shampoo & Conditioner
- Lotions
- Deodorant
- Razor
- Shaving cream
- Hairspray
- Hair Products
- Makeup

BAGS/GADGETS

- RFID blocking credit card sleeves to protect your credit/bank cards.

- Fanny pack /Cross body: to keep in front of your body or under your shirt for safe keeping.
- Medium to small backpack for excursions: one with an inside zipper pocket or a zipper pocket that's against your back to keep your wallet in.
- Medicine including prescriptions – I keep a divided container with medicine just in case I need something and can't get it where I'm at. Examples include– tums, gas pills, Ibuprophen, Tylenol, Sudafed, etc.
- Hand sanitizer
- Jewelry
- Glasses and Sunglasses
- Sunscreen – if you are going into the ocean, make sure it's reef safe!
- Hat(s)
- Phone cables and portable chargers
- Devices: Kindle, iPads, etc.
- Camera
- Reading materials
- Re-useable water bottle
- Ziploc bags or wet bags for wet swimsuits

✈INTERNATIONAL TRAVEL

- Travel Plug Adapters: Europe is different from the UK and Australia
- Curling irons & flat irons: a dual-voltage curling iron (**labeled 110–240V**) will work safely in Europe with just a plug adapter (listed at the top). A single-voltage iron will NOT work without a heavy converter and may overheat or burn out.

My essentials for travel: view on my Amazon list here– [Heather's Travel Essentials](#)

