



Adventure Travel Packing List

Two weeks. One carry-on. Pack light, move easily & make everything earn its space.

CLOTHING & FOOTWEAR

- ☐ 3 moisture-wicking tees/tanks
- ☐ 2 long-sleeve shirts
- ☐ 1 fleece or soft midlayer
- ☐ 1 packable puffer jacket, if needed
- ☐ 1 packable rain jacket
- ☐ 2 quick-dry pants / zip-offs
- ☐ 1 leggings / activewear bottom
- ☐ 1 pair shorts, if climate calls for it
- ☐ 1-3 lightweight travel dresses
- ☐ 7 pairs quick-dry underwear
- ☐ 1 regular bra + 1 sports bra
- ☐ Nipples / nipple covers
- ☐ 4-5 pairs hiking or merino socks
- ☐ SexyModest set / plane outfit + PJs
- ☐ Sun hat / cap
- ☐ Swimsuit
- ☐ Hiking / trail shoes - wear on plane
- ☐ Walking sandals
- ☐ Slides / flip-flops if camping
- ☐ House slippers
- ☐ Lightweight satiny robe

TOILETRIES & HEALTH

- ☐ SURI electric toothbrush
- ☐ Toothpaste
- ☐ Refillable travel-size Febreze
- ☐ Concentrated mouthwash
- ☐ Hair product
- ☐ Personal lubricant
- ☐ Eye drops + lip gloss
- ☐ Solid shampoo + conditioner
- ☐ Solid sunscreen
- ☐ DEET / bug-repellent wipes
- ☐ Lume pH-balanced body wipes
- ☐ Makeup-remover wipes
- ☐ Face-wash meltaways
- ☐ Solid lotion
- ☐ Lume pH-balanced cleansing bar
- ☐ Spongelle
- ☐ Razor + shower caps
- ☐ Minimal makeup + 3 brushes
- ☐ Tweezers + nail clippers
- ☐ Regular medications
- ☐ Basic just-in-case meds
- ☐ Small first-aid / blister supplies

GEAR, PERSONAL ITEM & EXTRAS

- ☐ Carry-on backpack
- ☐ Zipper-compression packing cubes
- ☐ Packable crossbody / flat wristlet
- ☐ Large pashmina-style wrap
- ☐ Earplugs + earbuds
- ☐ Eye mask
- ☐ Gum
- ☐ Phone
- ☐ USB-C charging cable
- ☐ Power bank + travel adapter
- ☐ Kindle + reading glasses
- ☐ Reusable water bottle
- ☐ Passport + travel documents
- ☐ Emergency protein bar / snack
- ☐ Extra Ziploc bags
- ☐ Clothespins
- ☐ Laundry supplies, optional
- ☐ Diffuser sock
- ☐ Curling iron, optional
- ☐ Camera / SLR only if trip earns it
- ☐ Daypack, if needed
- ☐ Headlamp, if needed
- ☐ Trekking poles, if needed*

Jennifer's Tip: Carry-on only doesn't mean bare-bones. Choose lightweight, versatile things you actually use, do laundry along the way, and leave the expensive jewelry at home. We know you fancy - the rest of the world doesn't need to.

*Check your airline's rules before packing trekking poles in carry-on luggage.

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Free printable companion to the Adventure Travel Packing List