

# Travel Past 50

## Minimalist Packing Checklist for Men

### Clothing

- Boxer shorts (4)
- Socks (6)
- Merino wool t-shirts (3)
- Long sleeved shirts (2)
- Pants (2)
- Shorts (1)
- Swimsuit
- Handkerchiefs
- Belt
- Rain Jacket
- Neck gaiter
- Light down vest
- Hat
- Microfiber towel
- Shoes

### Toiletries

- Toothbrush
- Floss
- Travel-sized toothpaste
- Razor and blades
- Lip balm, sunscreen
- Small insect repellent
- Nail clippers, scissors, file
- Tweezers
- Deodorant
- Eye drops
- First aid kit
- Medicine (make separate list)

### Miscellaneous

- Passport
- Extra glasses
- Sunglasses
- Day pack
- Water bottle
- Wallet with CCs, ID
- Air Tags for all bags
- Camera
- Cash (foreign?)

### For the plane (personal item)

- Neck pillow
- Sleep mask
- Face mask
- Compression socks
- Earplugs
- Lip balm

### Electronics (personal item)

- Phone
- Laptop
- Plug adapter/charger
- Cables for above
- Kindle or iPad for books
- Auxiliary charger
- Headphones or earbuds
- Bluetooth transmitter

*For more information on packing light, see [Travel Past 50's Packing Essentials](#).*