

Travel Past 50

Minimalist Packing Checklist for Women

Clothing

- Underwear/Bras/Cami
- Socks (4)
- Handkerchiefs
- Merino wool t-shirts (2)
- Button-down shirts (2)
- Pants (2)
- Opt. Shorts or Skirt (1)
- Cardigan Sweater
- Rain Jacket + Shell
- Down Sweater Jacket
- Shoes (Walking + Sandal)
- Swimsuit
- Neck gaiter/Scarf
- Gloves
- Sun hat/stocking cap
- Knee Sleeves
- Loungewear T-shirt
- Gym shorts or lounge pants

Toiletries

- Toothbrush and Floss
- Travel-sized toothpaste
- Face soap & sponge
- Hair conditioner & styling
- Razor
- Face: Tinted SPF Moisturizer
- Eyes: liner, brow, mascara
- Tinted lip balm
- Nail file/clippers/tweezer
- Eye drops
- Sunscreen
- Insect Repellent
- First Aid Kit
- Medicine (make separate list)

Miscellaneous

- Passport
- Wallet with CCs, ID
- Cash
- Extra glasses/contact lenses
- Sunglasses
- Day pack
- Water bottle
- Air Tags for all bags
- Camera with batteries
- Microfiber towel
- Nylon shopping/laundry bag

For the plane (personal item)

- Neck pillow
- Sleep mask
- Face mask/Hand sanitizer
- Compression socks
- Earplugs
- Lip balm/hand lotion
- Tissues
- Notebook and pen

Electronics (personal item)

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

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