

# The Ultimate Packing List

By Jen Zobel Bieber, Certified Personal Coach; [www.JZBcoaching.com](http://www.JZBcoaching.com)

## Never forget another thing...

The Ultimate Packing List is designed as a comprehensive check-list for all of your travel packing needs. In the twenty some-odd years I've been using this list, it has never let me down!

## Useful tips...

- 1) The list is divided into distinct sections on multiple pages. To keep this rather large packing list from feeling overwhelming, it is important to note that seldom would one person want to pack *everything* on the list for a particular journey. Rather, it is helpful to treat The Ultimate Packing List as a check-list in the truest sense – **a tool to use after you have assembled your packing items** to make sure you haven't left behind anything of importance.
- 2) You may find it useful to **print this list**, as it includes blank spaces on each page, where you can write-in extra items particular to your individual needs.
- 3) The Ultimate Packing List is designed with the adult traveler in mind. If you have a packing list that you use for traveling with children, and you'd like to share it, please [email it to me](#) for inclusion in the future. Thanks!
- 4) Although some parts of the globe and certain activities (ex. camping) may require additional packing considerations, this list serves well for domestic and international travel. Some items on the list cannot be packed as carry-on items. Please consult [The Transportation Security Administration](#) for a list of permitted and prohibited items.

## Please share...

I hope you find The Ultimate Packing List valuable, and please feel welcome to share it with others.

For further resources, visit us on the web at [www.JZBcoaching.com](http://www.JZBcoaching.com).

Enjoy!



Jen Zobel Bieber is a certified personal coach in private practice. She has built a reputation helping individuals achieve professional success and personal fulfillment.

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Clothing

|                              |                          |                             |                            |                          |
|------------------------------|--------------------------|-----------------------------|----------------------------|--------------------------|
| T-shirts                     | Shorts                   | All Undergarments           | Regular shoes / work shoes | Bathing suit(s)          |
| Short-sleeved shirts         | Jeans                    | Lingerie                    | Dress shoes / heels        | Beach wrap               |
| Long-sleeved shirts          | Pants                    | Pantyhose                   | Sandals                    | Exercise wear            |
| Sweatshirts                  | Sweatpants / yoga pants  | Pajamas                     | Flip-flops                 | Gloves                   |
| Dress shirts                 | Dress pants              | Bathrobe / slippers         | Dress boots                | Hat(s) / ear muffs       |
| Undershirts / tank tops      | Dresses                  | Coats / jackets / rain gear | Hiking boots / snow boots  | Scarf                    |
| Turtle-neck shirts           | Skirts                   | Dress socks                 | Sneakers / tennis shoes    | Cold-weather / ski gear  |
| Sweaters / cardigans / vests | Suit / sport coat / ties | Sport socks                 | Belt(s)                    | Jewelry (in a safe case) |

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Cosmetics / Toiletries

|  |                                     |  |   |   |
|--|-------------------------------------|--|---|---|
| Prescription medications                           | Deodorant                           | Soap / body wash   | Razors / shavers  | Cotton balls & Q-tips   |
| Vitamins   | Toothbrush                          | All face cleansers & treatments                                | Shaving cream   | Magnifying/makeup mirror  |
| Pain relievers (aspirin, ibuprofen, Tylenol, etc.) | Toothpaste                          | All additional hair products (sprays, leave-in products, etc.) | Contact lenses (including all products – cases, cleansers, etc.)      | Nail products (polishes, clippers, files, polish remover, etc.) |
| Cold/allergy medications / anti-histamines         | Electric toothbrush parts & charger | Lotions (for body, face, eyes, hands)                          | Comb / brush  | Tweezers  |
| Epi-pen (Rx for allergies)                         | Dental appliances                   | Lip balm / Chap Stick  | Hair dryer / hair appliances  | Tissues   |
| Upset stomach medicines (OTC)                      | Mouthwash / breath fresheners       | Sun tan lotion   | Hair accessories (pins, clips, etc.)                                  | Hydrocortisone / Anti-biotic ointment                           |
| Contraceptives                                     | Dental floss / tooth picks          | Perfume / fragrance / powders                                  | Makeup case (with all cosmetic products – for skin, eyes, lips, etc.) | Quart-size Ziploc bag for carrying 3oz. liquid containers       |
| Motion-sickness pills                              | Shampoo & conditioner               | Feminine hygiene products                                      | Makeup remover  | First-aid (Band-Aids, etc.)                                     |

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**Administrative Items**

|                                  |  |  |
|----------------------------------|--|--|
| Wallet                           | All keys   | ID-Tags on luggage                         |
| Purse                            | Tickets (for transportation, accommodations, & attractions)  | Portable alarm clock                       |
| Driver's license                 | Confirmations / Itineraries / Schedules (flight, train, bus, rental car, car service, hotel, attractions), including all 1-800#s | Wristwatch                                 |
| Credit card(s)                   | Copies of car insurance/registration   | Work bag / briefcase                       |
| Corporate card(s)                | Cell phone   | Business cards                             |
| Health insurance card            | Cell phone charger(s)  | Maps                                       |
| AAA card                         | PDA / planner/ calendar/ Blackberry / pager  | Directions                                 |
| Cash & quarters                  | Important personal & work papers   | Guide books / information                  |
| Checkbook(s)                     | Address Book / important contact info and phone #'s  | Gifts                                      |
| Passport / Visa                  | Laptop computer (and all cables / attachments / disks, etc.)   | Glasses & sunglasses                       |
| Travelers checks / calling cards | Batteries / chargers / converters / Adaptors   | Change of clothes (for in-flight carry-on) |

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Extras

|  |   |  |                         |   |
|--|---|--|-------------------------|---|
| Camera   | Bottled water   | Towels                                       | Thermometer             | Umbrella                                    |
| Video camera   | Snacks, candy, gum  | Sheets / blankets / sleeping bag / pillow(s) | Ear plugs               | Flashlight                                  |
| All Camera Equipment (attachments, lenses, chargers, film, flash, batteries, etc.) | Travel sewing kit (including safety pins, paper clips, rubber bands & scissors) | Air mattress                                 | Eye mask (for sleeping) | Swiss Army-style knife                      |
| Sporting Equipment (skates / boards / balls / rackets, clubs / etc.)               | Stationery – envelopes, stamps, postcards                                       | Laundry bag / bag for wet clothes            | Shower cap              | Calculator                                  |
| Back pack / hiking pack  | Books, magazines, writing journal, notebook, paper, pens, pencils, crafts       | Detergent (for dishes & clothes)             | Swim Gear / goggles     | Paper towels / wipes / air-freshening spray |
| Beach chairs, blankets, umbrellas, coolers, etc.                                   | IPOD / music player / DVD player / discs, etc.                                  | Stain remover / stain stick                  | Tape                    | Extra roll of toilet paper                  |
| Secret travel belt for valuables   | Board games / cards   | Insect repellent / anti-itch cream           | Matches                 | Ziploc bags                                 |



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