

Bowsing Nom Nom's

TRAVEL PACKING LIST

BACKPACK

ELECTRONICS

- ☐ phone
- ☐ chargers
- ☐ battery pack
- ☐ earphones
- ☐ e-reader
- ☐ +/- computer
- ☐ +/- camera

WALLET

- ☐ cash
- ☐ credit cards (2)
- ☐ debit card
- ☐ passport
- ☐ travel insurance card/information
- ☐ health card
- ☐ +/- Trusted Traveler Program card*
- ☐ +/- driver's license and permit*
- ☐ +/- transit pass

LIQUIDS

- ☐ toothpaste
- ☐ mouthwash
- ☐ facial cleanser
- ☐ day moisturizer with SPF
- ☐ night cream
- ☐ hand/body cream
- ☐ toner
- ☐ +/- eye makeup remover
- ☐ +/- hair styling products
- ☐ +/- body wash, shampoo, conditioner
- ☐ +/- sunscreen
- ☐ +/- mosquito repellent

MISCELLANEOUS

- ☐ pens
- ☐ locks
- ☐ medications (prescription, anti-nauseant, anti-diarrheal, antacid, antihistamine, pain/fever relief, melatonin, bandages, +/-antibiotic*)
- ☐ lip balm
- ☐ tissue
- ☐ water bottle
- ☐ travel slippers

*See blog post for details

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LUGGAGE

CLOTHING

- underwear x 7 days
- socks x 7 days
- PJ's x 1-2
- jacket
- bottoms x 2-3
- tops x 7
- cardigans/hoodies x 2-3
- workout pants x 1
- +/- dress/nice top+pants
- +/- swim suit

FOOTWEAR

- walking shoes
- +/- flip flops
- +/- flats/heels/dress shoes
- +/- trail shoes

WEATHER-APPROPRIATE GEAR

- +/- sun gear (hat, sunglasses)
- +/- rain gear (jacket, umbrella)
- +/- winter gear (scarf, gloves, toque, ear muffs)

TOILETRIES ETC.

- toothbrush
- floss
- razor
- comb/hair brush
- deodorant/antiperspirant
- hair bands + bobby pins
- cotton pads and cotton swabs
- makeup
- jewelry
- laundry bags
- dryer sheets*
- +/- contacts
- +/- feminine hygiene products
- +/- packable duffle bag*

*See blog post for details