



YOUR TRAVELLING LIGHT CHECKLIST

CLOTHING

- 3 tops (a mix of casual, dressy, and layering)
- 2 bottoms (trousers, skirts, or shorts)
- 1 jacket or cardigan
- 5–7 pairs of underwear and socks
- 1 versatile dress (optional)
- Comfortable walking shoes
- Sandals or flats
- Sleepwear
- Accessories: scarf, hat, sunglasses

TOILETRIES

- Toothbrush and toothpaste tablets
- Shampoo and conditioner bars
- Soap or all-in-one body wash
- Razor
- Compact hairbrush or comb
- Minimal make-up (multi-use products are ideal)
- Eco-friendly sunscreen
- Microfibre towel

TRAVEL ACCESSORIES

- Lightweight carry-on or backpack
- Packing cubes or compression bags
- Reusable water bottle
- Mini first-aid kit
- Universal travel adapter
- Reusable tote
- Travel journal and pen

DOCUMENTS & TECH

- Passport and visas
- Travel insurance details
- Digital copies of tickets and reservations
- Smartphone with essential apps
- Charging cables and power bank
- Lightweight headphones

OPTIONAL EXTRAS

- Laundry detergent sheets
- Sink stopper (for handwashing clothes)
- Eye mask and earplugs
- Snacks for the journey