

TIZIANA TRAVELS  
PACKING LIST

I'VE BEEN REFINING THIS LITTLE PACKING HELPER OVER THE LAST FEW YEARS

TO SIMPLIFY MY TRAVEL PREPARATIONS

[summer edition]

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FRONT PAGE

# handluggage

- travel documents /  
boardingcard
- cash & creditcard
- Passport
- Vaccination pass
- Mobile & charger
- powerbank
- earphones
- adapter
- camera & battery
- laptop & charger
- notebook & pens
- book / e-reader
- little adressbook
- tissues
- chewing gum

- energy bar / snack
- refillable bottle
- medicine  
headache tablets  
sleeping pills
- handcream & lip care
- trombose stockings
- changing clothes + bikini
- Scarf
- sunglasses & cleaning  
cloths
- vitamin c tablets against  
sunburn
- eye-drops
- \_\_\_\_\_

# clothes

- T-Shirts / tops
- longsleeves
- sweater / jacket
- bras + sports bra
- underwear
- long pants / jeans
- shorts
- skirts
- dresses / jumpsuits
- socks
- swimsuit / bikini
- rain coat / jacket
- sportswear
- pajamas
- \_\_\_\_\_

# shoes

- flipflops
- sneakers
- gym shoes
- ballerinas /  
open shoes
- \_\_\_\_\_

# bags

- handbag
- daybag /  
shopping bag
- sunglasses
- minibag for dirty  
laundry
- \_\_\_\_\_
- \_\_\_\_\_

# cosmetic

- shampoo
- conditioner
- shower gel
- deodorant
- sunscreen
- after sun / body cream
- face cream
- cleaning wipes / tonic
- brush / comb
- hair ties / clips
- razors
- toothbrush
- toothpaste & silk
- perfume
- cotton pads & swabs
- \_\_\_\_\_
- \_\_\_\_\_

# makeup

- makeup brushes
- primer
- concealer & foundation
- mascara
- powder & highlighter
- bronzer
- rouge
- eyebrow pencil / gel
- eyeshadow palette
- lipstick
- nail polish & remover
- nail files /- scissors
- tweezers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# travel pharmacy

- medication against
  - a cold
  - vomiting / nausea
  - diarrhea
  - fever
  - travel sickness
- mosquito spray
- plaster & ointment
- tampons
- condoms
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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BACK PAGE

# bitsandbobs

- travel detergents
- clothesline
- microfibre towel
- internat. driver's license
- proof of foreign health insurance
- padlock
- packing cubes for a better organization
- travel hairdryer
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_