



Travel Packing Master Checklist

Brought to you by Life & Luggage with CLL

Travel Light, Carry Love, Keep the Rhythm

Pre-Packing Prep

- Check weather & climate at destination
- Pull out travel documents, meds, and essentials
- Do laundry & house prep (mail hold, fridge cleanout, trash)
- Charge devices & download necessary content
- Set up travel alerts & itinerary sharing

Medications, Health & Hydration

- Medications (in original bottles)
- Doctor letters / health summary
- Pill organizers for day trips
- Collapsible refillable water bottle
- Nourishing snacks
- Health insurance & travel coverage info

Clothing

- Tops (basics + 1–2 dressy pieces)
- Bottoms/skirts (roll-up, wrinkle-resistant)
- Foldable flats or dress shoes
- Sneakers/walking shoes
- Hiking sandals
- Light layers (shawl, jacket, fleece)
- Pajamas/sleepwear
- Socks/compression socks
- Underwear & bras
- Accessories (hat, scarf, gloves if needed)

Comfort & Hygiene Essentials

- Wet wipes / antibacterial cloths
- Travel tissues
- Hand sanitizer
- Disposable toilet seat covers
- Folding toothbrush + toothpaste
- Folding travel hairbrush
- Toiletry bags (sorted)
- KN95 masks (pack extras)
- Mini first-aid kit
- Sea-Bands / motion sickness patches
- Eye drops (dry cabin air)





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Tech & Travel Docs

- Phone & charger
- iPad / tablet & Magic Keyboard
- Plug adapters (European, etc.)
- Cable organizer (chargers, cords, extras)
- Creative gear (mic, etc.)
- Power bank / backup charger
- Passport & ID
- Printed itinerary / confirmations
- Digital backups (cloud & USB)
- AirTags + holders
- Location sharing set up



Luggage & Carry-On

- Lightweight backpack / personal item
- Rolling carry-on (lightweight, sturdy)
- Compression packing cubes
- Backpack organizers
- TSA-approved lock
- Luggage straps
- Money belt or sling bag





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Oscar-Approved Gear (Quick Hits)

- Wet wipes (Amazon Basics)
- AirTags
- Foldable flats
- Toiletry bags
- Compression socks
- Seat covers
- Electronics organizers
- Euro plug adapter
- Travel backpack
- Sling bag
- Mini first-aid kit
- Music Cozy headband
- Collapsible bottle
- Travel tissue packs
- Masks

Final Bag Check

- Weigh luggage to avoid fees
- Ensure liquids are TSA-compliant
- Double-check meds & travel documents
- Secure valuables & locks
- Leave room for souvenirs

