

CITY BREAK PACKING LIST



YOUR TRAVEL AND HEALTH

HANDBAG



- Passport
- Mobile Phone
- Vaccination Certificate(s)
- Tickets / Itinerary
- Accommodation / Transfer Docs
- Credit/Debit Cards
- Cash (Currency At Destination)
- Medication & Vitamins
- Hand Sanitiser
- Tissues
- Insurance Documents
- Glasses / Sunglasses
- Small Umbrella
- Jewellery
- Snacks
- Earplugs
- Books / E-Books
- Headphones / Earbuds
- Travel Pillow
- Eye Mask
- Lip Balm
- Keys (Home / Car)
- Empty Water Bottle
- Fold-Up Tote Bag
- Travel Adapter
- Portable Charger

FIRST AID

- Painkillers
- Rehydration Sachets
- Anti-Diarrhoea Tablets
- Waterproof Plasters
- Ointment
- Antibacterial Wipes
- Motion Sickness Medicine
- Antihistamines
- Insect Repellent

CARRY-ON BAG

(Think small capsule wardrobe that can be mixed and matched!)

- First Aid Kit
- Underwear
- Vests / Bras
- Nightwear / Pyjamas
- T-Shirts / Tops / Shirts
- Sweaters / Sweatshirts
- Jeans / Trousers
- Skirt
- Dress
- Socks / Stockings
- Formal / Evening Wear
- Swimwear (If Needed)
- Jacket / Coat
- Hat (Sunhat or Beanie)
- Gloves / Scarf
- Evening Bag (If Needed)
- Evening Shoes
- Flip Flops
- Trainers / Walking Shoes



TOILETRIES

- Toothbrush & Toothpaste
- Dental Floss
- Deodorant / Perfume (Travel Size)
- Shampoo & Conditioner (Travel Size)
- Body Wash / Soap (Travel Size)
- Hairbrush / Comb
- Travel Hair Dryer / Styling Tools
- Sunscreen (Face & Body)
- Skincare Products
- Make-Up & Make-Up Remover
- Disposable Razor
- Feminine Hygiene Products
- Microfibre Towel



OTHER/MISC

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