

# The Ultimate Packing List

By Jen Zobel Bieber, Certified Personal Coach; [www.JZBcoaching.com](http://www.JZBcoaching.com)

## Never forget another thing...

The Ultimate Packing List is designed as a comprehensive check-list for all of your travel packing needs. In the twenty some-odd years I've been using this list, it has never let me down!

## Useful tips...

- 1) The list is divided into distinct sections on multiple pages. To keep this rather large packing list from feeling overwhelming, it is important to note that seldom would one person want to pack *everything* on the list for a particular journey. Rather, it is helpful to treat The Ultimate Packing List as a check-list in the truest sense – **a tool to use after you have assembled your packing items** to make sure you haven't left behind anything of importance.
- 2) You may find it useful to **print this list**, as it includes blank spaces on each page, where you can write-in extra items particular to your individual needs.
- 3) The Ultimate Packing List is designed with the adult traveler in mind. If you have a packing list that you use for traveling with children, and you'd like to share it, please [email it to me](mailto:jen@jzbcoaching.com) for inclusion in the future. Thanks!
- 4) Although some parts of the globe and certain activities (ex. camping) may require additional packing considerations, this list serves well for domestic and international travel. Some items on the list cannot be packed as carry-on items. Please consult [The Transportation Security Administration](http://www.tsa.gov) for a list of permitted and prohibited items.

## Please share...

I hope you find The Ultimate Packing List valuable, and please feel welcome to share it with others.

For further resources, visit us on the web at [www.JZBcoaching.com](http://www.JZBcoaching.com).

Enjoy!



Jen Zobel Bieber is a certified personal coach in private practice. She has built a reputation helping individuals achieve professional success and personal fulfillment.

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**Clothing**

T-shirts	Shorts	All Undergarments	Regular shoes / work shoes	Bathing suit(s)
Short-sleeved shirts	Jeans	Lingerie	Dress shoes / heels	Beach wrap
Long-sleeved shirts	Pants	Pantyhose	Sandals	Exercise wear
Sweatshirts	Sweatpants / yoga pants	Pajamas	Flip-flops	Gloves
Dress shirts	Dress pants	Bathrobe / slippers	Dress boots	Hat(s) / ear muffs
Undershirts / tank tops	Dresses	Coats / jackets / rain gear	Hiking boots / snow boots	Scarf
Turtle-neck shirts	Skirts	Dress socks	Sneakers / tennis shoes	Cold-weather / ski gear
Sweaters / cardigans / vests	Suit / sport coat / ties	Sport socks	Belt(s)	Jewelry (in a safe case)

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**Cosmetics / Toiletries**

Prescription medications	Deodorant	Soap / body wash	Razors / shavers	Cotton balls & Q-tips
Vitamins	Toothbrush	All face cleansers & treatments	Shaving cream	Magnifying/makeup mirror
Pain relievers (aspirin, ibuprofen, Tylenol, etc.)	Toothpaste	All additional hair products (sprays, leave-in products, etc.)	Contact lenses (including all products – cases, cleansers, etc.)	Nail products (polishes, clippers, files, polish remover, etc.)
Cold/allergy medications / anti-histamines	Electric toothbrush parts & charger	Lotions (for body, face, eyes, hands)	Comb / brush	Tweezers
Epi-pen (Rx for allergies)	Dental appliances	Lip balm / Chap Stick	Hair dryer / hair appliances	Tissues
Upset stomach medicines (OTC)	Mouthwash / breath fresheners	Sun tan lotion	Hair accessories (pins, clips, etc.)	Hydrocortisone / Anti-biotic ointment
Contraceptives	Dental floss / tooth picks	Perfume / fragrance / powders	Makeup case (with all cosmetic products – for skin, eyes, lips, etc.)	Quart-size Ziploc bag for carrying 3oz. liquid containers
Motion-sickness pills	Shampoo & conditioner	Feminine hygiene products	Makeup remover	First-aid (Band-Aids, etc.)

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### Administrative Items

Wallet	All keys	ID-Tags on luggage
Purse	Tickets (for transportation, accommodations, & attractions)	Portable alarm clock
Driver's license	Confirmations / Itineraries / Schedules (flight, train, bus, rental car, car service, hotel, attractions), including all 1-800#s	Wristwatch
Credit card(s)	Copies of car insurance/registration	Work bag / briefcase
Corporate card(s)	Cell phone	Business cards
Health insurance card	Cell phone charger(s)	Maps
AAA card	PDA / planner/ calendar/ Blackberry / pager	Directions
Cash & quarters	Important personal & work papers	Guide books / information
Checkbook(s)	Address Book / important contact info and phone #'s	Gifts
Passport / Visa	Laptop computer (and all cables / attachments / disks, etc.)	Glasses & sunglasses
Travelers checks / calling cards	Batteries / chargers / converters / Adaptors	Change of clothes (for in-flight carry-on)

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**Extras**

Camera	Bottled water	Towels	Thermometer	Umbrella
Video camera	Snacks, candy, gum	Sheets / blankets / sleeping bag / pillow(s)	Ear plugs	Flashlight
All Camera Equipment (attachments, lenses, chargers, film, flash, batteries, etc.)	Travel sewing kit (including safety pins, paper clips, rubber bands & scissors)	Air mattress	Eye mask (for sleeping)	Swiss Army-style knife
Sporting Equipment (skates / boards / balls / rackets, clubs / etc.)	Stationery – envelopes, stamps, postcards	Laundry bag / bag for wet clothes	Shower cap	Calculator
Back pack / hiking pack	Books, magazines, writing journal, notebook, paper, pens, pencils, crafts	Detergent (for dishes & clothes)	Swim Gear / goggles	Paper towels / wipes / air-freshening spray
Beach chairs, blankets, umbrellas, coolers, etc.	IPOD / music player / DVD player / discs, etc.	Stain remover / stain stick	Tape	Extra roll of toilet paper
Secret travel belt for valuables	Board games / cards	Insect repellent / anti-itch cream	Matches	Ziploc bags

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