



THE ULTIMATE PACKING GUIDE + BONUS PACKING CHECKLIST

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This effective packing guide and checklist will make the next time you pack for a trip a quick and easy experience!

Following these 6 steps will have you ready to go for your trip in less than 30 minutes:

1. Check the weather at your destination.
2. Determine your plan for laundry.
3. Create a mini capsule wardrobe for your trip.
4. Pack your toiletry bag.
5. Lay out any additional items.
6. Pack your bags!

I recommend you lay out everything you need to bring with you before putting ANYTHING into your suitcase. This makes it much easier to find a spot for any large or oddly shaped items, and helps make sure your bag is securely packed.

Let's get ready for your trip!

STEP ONE: Check the weather at your destination

This seems like super simple advice but surprisingly, many people miss this step and end up unprepared for their trip.

Take 2 minutes now to check the weather at your destination to make sure you know what to expect and pack accordingly. Some things you may need to bring depending on the weather are listed below. Circle any you need to bring, and write any others that come to mind in the spaces below:

- | | |
|---|--------------------------------|
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Hat | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Umbrella | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Rain shoes | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Rain coat | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Long underwear | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Swimsuit | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Scarf | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Light layers for cool nights | <input type="checkbox"/> _____ |

STEP TWO: Determine your plan for laundry

Will you have access to a washer and dryer during your trip? And if you will, do you even want to use them?

Figuring out a plan for laundry (or lack thereof) will help you determine how much clothing you need to bring with you. I recommend packing about 15-20 items of clothing for a full week's worth of outfits with minimal repeating.

If you **WILL** have access to a laundry facility:

Create a 15-item capsule wardrobe using the Capsule Wardrobe Formula (see Step 3) and plan to do laundry once a week.

If you **WON'T** have access to a laundry facility:

Create a 15-item capsule wardrobe and expand it by adding one item per category until you have enough clothes for your entire trip. If you prefer, you can also expand your capsule by adding more items only to your Top and Bottom categories, and skip adding more shoes and layering pieces. Whatever works best for you!

STEP THREE: Create a mini capsule wardrobe for your trip

My Capsule Wardrobe Formula will help you create a mini wardrobe for your trip that can mix and match easily to create over 30 outfit combinations. Creating a capsule is better than packing specific outfits because, in the event of any changes, you won't be stuck with nothing to wear.

The Capsule Wardrobe Formula goes as follows:

- 5 Tops (Dresses and jumpsuits are also included in this category)
- 4 Bottoms
- 3 Layering Pieces (Jackets, cardigans, blazers, vests, etc.)
- 2 Pairs of Shoes
- 1 Special Item (Anything extra you will need for your trip. It can be a cocktail dress, a belt, a swimsuit, a tie, a hat, high-heeled shoes, etc.)

Make sure every Bottom you include in your capsule works with at least two of the tops to maximize the number of outfits you can put together.

Build your packing list below by filling in all of the numbered lines, and expand the capsule according to your needs.

Clothing Packing List:

TOPS

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- _____
- _____
- _____
- _____
- _____

LAYERS

- 10. _____
- 11. _____
- 12. _____
- _____
- _____
- _____

BOTTOMS

- 6. _____
- 7. _____
- 8. _____
- 9. _____
- _____
- _____
- _____
- _____

SHOES

- 13. _____
- 14. _____
- _____
- _____

SPECIAL ITEMS

- 15. _____
- _____
- _____

ADDITIONAL CLOTHING ITEMS

- | | |
|---|--------------------------------|
| <input type="checkbox"/> Undergarments | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Pajamas | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Workout clothing | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

STEP FOUR: Pack your toiletry bag

If you travel often, I recommend you keep a toiletry kit permanently packed with everything you use regularly. This way, whenever you are packing for a trip, you can just toss your kit into your luggage and be ready to go. Make sure to restock it every time you return from a trip.

If you are building or re-stocking your kit, use the list below:

- | | | |
|--|--|--|
| <input type="checkbox"/> Toothbrush | <input type="checkbox"/> Body Lotion | <input type="checkbox"/> Medications |
| <input type="checkbox"/> Toothpaste | <input type="checkbox"/> Makeup Remover | <input type="checkbox"/> Stain Remover |
| <input type="checkbox"/> Dental Floss | <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Laundry Detergent
<small>(Yes, even a little bit!)</small> |
| <input type="checkbox"/> Deodorant | <input type="checkbox"/> Eye Cream | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Shampoo | <input type="checkbox"/> Feminine Products | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Conditioner | <input type="checkbox"/> Hair Brush | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Body Soap | <input type="checkbox"/> Hair Ties | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Razor | <input type="checkbox"/> Makeup | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Shaving Cream | <input type="checkbox"/> Nail File | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Face Wash | <input type="checkbox"/> Contact Lenses | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Moisturizer | <input type="checkbox"/> Contact Lens Solution | |

STEP FIVE: Lay out any additional items

Don't forget to bring those items you love or need to have with you! Here are some ideas to get you started, and plenty of space for you to add more to your list:

- | | | |
|--|---|--------------------------------|
| <input type="checkbox"/> Phone charger | <input type="checkbox"/> Laptop & charger | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Photo ID
<small>(Passport, Driver's License, or other)</small> | <input type="checkbox"/> Foreign currencies | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Glasses | <input type="checkbox"/> Boarding Passes | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Hair Dryer | <input type="checkbox"/> Jewelry | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Curling Iron | <input type="checkbox"/> Water bottle | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Hair Straightener | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Steamer | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Headphones | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Books or e-Reader | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Journal | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Camera | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

STEP SIX: Pack your bags!

Once you have everything you need to bring laid out, playing tetris to make sure everything fits is much easier!

Here are some of my favorite tips:

- If you are bringing a purse or backpack in addition to your carry-on luggage, be sure to pack the smaller bag first. This will ensure you have everything you need on hand.
- Place your toiletry bag so it sits at the bottom of your luggage, in case of any spills.
- I prefer to lay my clothes flat as much as possible, as opposed to rolling them. In my experience, this greatly reduces wrinkles.

Have a great trip!