

WOMAN'S TRAVEL PACKING LIST

Clothing

- One jacket (casual blazer type)
- One skirt that coordinates with the jacket
- One pair slacks that coordinate with the jacket (or two pairs of slacks)
- One additional bottom piece, either slacks or skirt
- One long-sleeved shirt
- Two or three additional shirts or blouses
- One outfit suitable for dressy occasions – this can be a dressy blouse that goes with the slacks and jacket already listed or a more formal dress or 2-piece outfit.
- One cardigan sweater or another jacket
- One or two tee-shirts (if you're going someplace cold, substitute a long-sleeved turtleneck for of the tee-shirts) The other tee-shirt should be large enough to serve as a swimsuit cover-up or nightgown.
- Two to eight pairs of underwear
- Three to four bras
- One set sleepwear
- One swimsuit
- One set of thermal silk or polyester long underwear (can be worn as sleepwear or as underwear if you find yourself in a sudden climate change)
- One ½ slip if needed for dressy outfit or skirts – Make sure it will work under everything else you're bringing.
- One pair sandals or thongs
- Gloves
- One pair walking shorts (if appropriate for your destination and climate)
- Exercise clothing

Outer Layer

- One raincoat, windbreaker or poncho -packable if the weather will be variable.

Extremities

- One pair tights
- Four to five pairs of socks
- One pair of athletic shoes (optional)
- One pair dressy shoes (if one of the pairs of walking shoes is not dressy enough)
- Sun and rain hat

Accessories

- Two to four scarves
- One to two belts
- Simple jewelry: One to three pairs earrings, necklace to match if you like, but nothing valuable
- One umbrella.

This list will create 20 different looks.

MEN'S TRAVEL PACKING LIST

- One suit or jacket with coordinating slacks
- Two additional pairs of slacks that coordinate with the jacket
- One to three short-sleeved shirts
- One to three long-sleeved shirts (depending on the weather you're expecting, you may take four and one or one and four of short and long-sleeved items)
- One dark thin-knit, medium weight sweater (for over shirts and under jackets)
- One pair pajamas or sleep shirt
- Two to eight pairs underwear
- Two to four undershirts
- One pair swim trunks
- One or two tee-shirts (for over swimwear or as a nightshirt)

Optional

- One set of thermal silk or polyester-knit long underwear (for cold weather or as sleep wear in an emergency)
- Gloves
- One pair walking shorts (if appropriate to your destination and the weather)
- Exercise clothing

Outer Layer

- One raincoat, windbreaker or poncho – packable if the weather will be variable)

Extremities

- Four to five pair of socks
- One to two pairs walking shoes (one pair slightly dressier)
- One pair athletic shoes
- Sun and rain hat

Accessories

- Two neck ties
- One belt
- One umbrella