

The Ultimate International Packing List

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You don't need more stuff. You just need the right stuff. Tap any underlined item to shop it.

Travel Documents

- Passport (check the expiration date!)
- Driver's license
- [Credit cards with no foreign transaction fees](#)
- [RFID-blocking wallet or money belt](#)
- Travel insurance information (if purchased)
- Printed copies of hotel reservations
- Digital copies of your passport stored securely online

Clothing

- 5-6 lightweight shirts
- 3-4 pairs of shorts or skirts
- 1-2 nicer outfits for dinners
- Swimsuit
- [Light sweater or packable jacket](#)
- [Packable raincoat](#)
- Comfortable pajamas
- Undergarments and socks
- Comfortable walking shoes
- Sandals or flip-flops
- [Hat and sunglasses](#)

Travel Tech

- [Universal travel adapter](#)
- [Portable charger](#)
- [Multi-head charging cable](#)
- Phone charger
- AirPods or headphones
- [Kindle or tablet \(optional\)](#)
- [Portable rechargeable fan](#)

Travel Essentials I Never Leave Home Without

- [Packing cubes \(my #1 recommendation!\)](#)
- [Luggage scale](#)
- [AirTag or luggage tracker](#)
- [Slim RFID-blocking wallet / passport holder](#)
- [TSA-approved luggage locks](#)

- Reusable water bottle
- [Crossbody anti-theft bag](#)
- [TSA-approved toiletry bottles](#)
- [Hanging toiletry bag](#)
- [Compression bags](#)
- [Travel laundry packets](#)
- [Shoe organizers](#)

Toiletries & Health

- Prescription medications
- Toothbrush and toothpaste
- [Sunscreen](#)
- Aloe (just in case)
- Deodorant
- Shampoo and conditioner
- Razor
- [Travel hair dryer or straightener](#)
- Lip balm
- [Small first-aid kit](#)
- [Motion sickness patches](#)
- [Jet lag relief gummies](#)
- [Blister bandages](#)

My Favorite Travel Tip

Carry at least two different credit cards and keep them in separate places. If one card is lost, stolen, or flagged for fraud overseas, you have a backup ready to go.

Final Packing Advice

The biggest packing mistake isn't forgetting something, it's overpacking. Almost anything can be purchased at your destination if you truly need it. Pack lighter, leave room for souvenirs, and focus on making memories.

See all of my favorite travel gear: simplypointstravel.com/travel-essentials/all

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