



A week in the sun, travel checklist

This list provides you with all you would need for a week in the sun. It is always a more enjoyable trip when you pack on the lighter side and have room for a few new special holiday purchases.

	His	Hers		His	Hers
Miscellaneous			Toiletries		
Sunglasses			Beach towel		
Suitcase			Nail file & clippers		
Small carrying bag/day bag			Small mirror		
Document pouch/wallet			Suntan Lotion		
Pen/pencil			After sun Lotion		
Small notepad			Body lotion		
Mini sewing kit			Shaving oil/cream		
Travel hangers (hotels never have enough)			Deodorant		
Beach shoes			Tooth paste		
Swimming goggles			Tooth brush		
Sun/rain umbrella			Lip balm		
Your favourite book			Feminine products		
Neck pillow & eye shield			Razor		
Flashlight			Birth control		
			Shampoo/conditioner		
Paperwork			Soap		
Driving licence			Shower gel		
Travel Insurance document			Face wash		
Passport			Hair styling products		
Hotel confirmation			Blow dryer		
Credit cards			Straightening iron		
Travel visas					
Airline tickets			Technical		
Photocopy of important info			Online Passwords		
Credit card			Chargers		
Travellers checks			Travel adaptor		
Scuba ID and log book			Camera		
Small amount of money for connecting country and destination			Mp3 player/headset		
			Memory stick		
			Mobile phone		
			Computer		

Her clothing		His clothing	
2 sun dresses		3 sport shorts/beach wear	
2 skirts		2 dress/combat shorts	
2 pair of shorts		1 pair jeans	
2 jeans/summer trousers		2 pair smart trousers	
1 dress trouser		7 short sleeve t shirts	
2 belts		4 dress shirts	
2 scarves		1 long sleeve shirt	
1 pashmina		1 pair of sandals	
4 vest tops		1 pair comfortable shoes	
5 short sleeve tops		1 pair of dress shoes	
1 long sleeve top		1 hat	
2 blouses		1 belt	
2 bikini's		7 socks	
1 piece bathing suit		7 underwear	
1 pair of sandals		1 pyjamas	
1 pair comfortable shoes		1 pair of slippers	
1 pair of heals		1 watch	
1 sun hat			
1 beach cover-up/sarong		Contact Details	
1 handbag		Contact details for the	
1 evening bag		friend looking after your home.	
3 bra's		Lost credit card contact number	
7 pairs of underwear		Embassy contact number	
7 pairs socks		Flight ticket number	
1 pyjamas		Tour operator contact details	
1 pair of slippers		Address book	
1 watch			
3 necklaces/earrings			
2 bracelets			
2 rings			

Additional packing thoughts

Prepare.

Before you pack spend some time thinking about what is needed and what sort of activities your holiday will include. If it is a sporting holiday take the correct equipment. Don't pack something like your hiking boots 'just in case'; make sure they are an item you will definitely be using. What will the weather be like, 'snow cold or sun warm', take the clothing that will work best. Remember that several thin layers can keep you just as warm and take up less space.

In the ever changing travelling world we are living in, always double check what is OK to have in your carry-on and what needs to be packed in your suitcase.

Travel size

One of the most common mistakes I see is people travelling with full size bottles of toiletries. Purchase travel size toiletries or downsize your favourites into small plastic bottles. Find products that can double up, like a blusher or lipstick that is also an eye shadow. Shampoo that works as a body wash and a moisturiser that also works as a make-up remover. Pack your toiletries in plastic bags to protect clothing in case anything leaks.

This is part of both 'Prepare and Travel size'. Check with your accommodation to find out what they supply, if they offer a hair dryer and iron then there is no need to take yours. If you are taking either make sure they are a smaller travel size.

Using a small toiletry bag, create a mini medical kit that you can through in your handbag while visiting exotic foreign lands. It is so much better to have a small selection of medication you are familiar then trying to find medication in a foreign language when you are not feeling at your best.

Clothing clever

Select pieces of clothing that can be worn with several items. One way to do this is to base your choices around a neutral colour or select interchangeable pieces. A neutral colour can be grey, navy, beige or the easiest one black, then accented with your 2 favourite colours. Interchangeable clothing is as simple as a sarong which can be used for anything from a bathing suit cover up to a shawl for cool evenings.

Looking back

If you really want to become more efficient at packing then on your return make notes about what worked and what didn't. This way you can implement the lessons

Have a great holiday.