

FREE PACKING LIST

City & Short Trips

Light, fast, and easy to move through an airport with.

BY JAY & FABIENNE — OCEANS APART

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How to use this list: tick items as you pack. The online version at **jayandfabienne.com** keeps your progress for you.

Links marked "Ad" are affiliate links. If you book or buy through one, we may earn a small commission at no extra cost to you. "Our pick" is gear we actually use, listed at **jayandfabienne.com/what-we-use/**.

The day before

- [ ] Online check-in done and boarding pass saved offline
- [ ] Accommodation address saved offline
- [ ] Weather checked
- [ ] Data plan or eSIM sorted
  Our pick: **Ubigi** AD | Also an option: **Airalo** AD
- [ ] Tickets for trains, museums or tours saved

Documents & money

- [ ] Passport or ID
- [ ] Cards
  Two, kept in different places
- [ ] A little cash, including small bills
- [ ] Travel insurance details
  See: **our insurance experience**

Bag

- [ ] Carry-on backpack or bag, 35 to 45 L
  Check your airline's size limits
  Our pick: **Osprey 44 L + 15 L**
- [ ] Small crossbody bag or daypack
  Our pick: **Osprey 44 L + 15 L**
- [ ] Phone strap or chain
- [ ] 1 to 2 packing cubes

Clothing for 3 to 5 days

- [ ] 3 to 4 tops
- [ ] 1 nicer top or shirt
- [ ] 1 to 2 pairs of pants or a skirt
- [ ] 1 light jacket or extra layer
- [ ] 1 packable rain jacket
- [ ] 4 pairs of underwear and 4 pairs of socks
- [ ] Sleepwear
- [ ] Comfortable shoes for walking all day
  Our pick: **New Balance 520** · **adidas Terrex**
- [ ] Light scarf

Toiletries

- [ ] Liquids in containers of 100 ml or less, in a clear bag
  Carry-on rule at most airports
- [ ] Toothbrush and toothpaste
- [ ] Deodorant
- [ ] Lip balm, hand sanitizer and tissues
- [ ] Sunscreen

Pharmacy basics

> ***General reference, not medical advice. Ask a doctor or travel clinic what is right for you.***

- [ ] Medication you need
  In its original packaging
- [ ] Pain relievers
- [ ] Remedy for an upset stomach
- [ ] Antihistamine
- [ ] Plasters, including blister plasters

Women's & sexual health

- [ ] Tampons or other period supplies
  Pads or a menstrual cup work too
- [ ] Treatment for vaginal yeast infections
  Heat and moisture make these more common while traveling
- [ ] Condoms

Tech

- [ ] Phone
  Our pick: **iPhone**
- [ ] Charger and cable
- [ ] Power bank
  Our pick: **Power banks**
- [ ] Travel adapter
- [ ] Earphones
  Our pick: **AirPods** · **JBL on-ear**
- [ ] Laptop
  Only if you need to work
  Our pick: **MacBook**
- [ ] VPN for public Wi-Fi
  Our pick: **NordVPN** AD

In transit

- [ ] Empty reusable water bottle
  Fill it after security
- [ ] Snacks
- [ ] Eye mask and earplugs
- [ ] Compact umbrella
- [ ] Small lock

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Happy *Travels*

We hope this list saves you time, money, and a few headaches out there. If you put any of it to use, tag us, we'd love to see where you end up.

Above all, we hope you travel with open eyes: grateful for the privilege it is to see any of this at all, and with real respect for the people and cultures who call these places home. We're only ever guests.

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