

The Ultimate BACKPACKING PACKING LIST



CLOTHES / ACCESSORIES

✓ QTY

- T-shirts
- Tank tops
- Casual dress/romper
- Dressy top
- Shorts
- Pants
- Sweatpants/leggings
- Jeans
- Underwear
- Bras
- Sweaters

✓ QTY

- Long sleeve shirts
- Thermal underwear
- Socks
- Swimsuit
- Shower shoes
- Tennis shoes
- Hiking boots
- Slippers
- Sandals
- Boots
- Belt

✓ QTY

- Scarf
- Warm hat
- Sun hat/cap
- Sunglasses
- Purse/day bag
- Bandana/headband
- Sleep mask
- Travel towel
- Necklace
- Workout clothes
- Jacket

Pro Tip!

Pack your shoes in the bottom compartment of your Osprey backpack to keep the rest of your clothes clean!



COSMETICS / TOILETRIES

✓ QTY

- Makeup
- Hairbrush
- Toothbrush
- Toothpaste
- Deodorant
- Face wash/wipes
- Face moisturizer
- Dry shampoo

✓ QTY

- Shampoo
- Conditioner
- Body lotion
- Special face products
- Razor
- Hair ties
- Bobby pins
- Compact mirror

✓ QTY

- First aid supplies
- Rx medication
- Painkillers
- Benadryl
- Anti-diarrheals
- Anti-nausea meds
- Band-Aids
- Elastic bandage

Pro Tip!

Perfectly pack your first aid supplies in the eBags small packing cube!



ELECTRONICS

✓ QTY

- Phone + charger
- Laptop + charger
- Headphones

✓ QTY

- Camera + batteries
- Action camera
- Plug converters

✓ QTY

- Portable batteries
- _____
- _____

Pro Tip!

Save space and carry only one necessary plug converter with you on the plane!



CARRY-ON

✓ QTY

- House keys
- Vapor water bottle
- Travel wallet + currency

✓ QTY

- Passport/ID
- Book
- Journal

✓ QTY

- Pen/pencil
- Screen glasses
- Inflatable neck pillow

Pro Tip!

Flatten & roll up your Vapor water bottle before going through security to save space!



EQUIPMENT ESSENTIALS



Osprey Kyte 36 backpack

Why I love it: Fits everything I need while preventing overpacking, great compression straps, durable, lots of compartments, side and top access, separate bottom compartment for shoes/sleeping bag



eBags packing cubes 4pc classic set

Why I love it: Travel with more (about 2x more) in less space, keeps things organized, easy to take stuff in and out