



Packing

CHECKLIST

GUIDE ONLY

Essentials

- ☐ Passport and visa
- ☐ Your SheVentures tote Pack
- ☐ Glasses/Contact lenses
- ☐ Personal medications
- ☐ Credit / debit card, local currency
- ☐ Vitamins/Probiotics
- ☐ Glasses or contact lenses
- ☐ Day bag / backpack
- ☐
- ☐

Accessories

- ☐ Camera and/or phone
- ☐ Other electronics & chargers
- ☐ Travel adaptor if needed
- ☐ Kindle or books
- ☐ Toiletries
- ☐ Sunscreen/Repellant
- ☐ Hat
- ☐ Sunglasses
- ☐ Refillable water bottle
- ☐

Clothing

*destination
dependent*

- ☐ Plenty of underwear & socks
- ☐ Bathers
- ☐ Shorts &/or loose-fitting trousers
- ☐ T-shirts &/or lightweight tops
- ☐ Active wear
- ☐ Pajamas
- ☐ Warmer layers
- ☐ Comfy dress/skirt for dinner (optional)
- ☐ Comfy shoes for walking
- ☐ Thongs or sandals

Useful extras

- ☐ For plane: eye mask, neck pillow
- ☐ Downloaded playlist (music/podcasts)
- ☐ Lip balm, hand cream, moisturises)
- ☐ Favourite snacks
- ☐ Waterproof Jacket)

