



1. **The Summer Heat Clothing Capsule** *Keep it breathable. Stick to a color palette (like navy/white/tan) so everything mixes and matches.*
2.
 - **Bottoms:** Linen pants, lightweight shorts.
 - **Daytime Tops:** Linen sleeveless tops, basic tank tops.
 - **Evening/Dinner:** Silk black top (your elevated essential).
 - **One-and-Done Outfits:** Sundresses, a romper, a linen dress.
 - **Swimwear:** 2-3 bathing suits (one to wear, one drying) + a beach cover-up.
 - **Intimates:** Underwear, socks, and the right bras for sleeveless/racerback tops.
 - **The Ferry Layer:** 1 light pashmina or cardigan (for windy boat decks and AC).
2. **The “Marble to Sea” Footwear**
 - **The Walkers:** Sneakers or sandals with serious rubber grip (The Acropolis marble is slick).
 - **The Beach Protection:** Water shoes (Mandatory for rocky/pebbly island beaches).
 - **The Evening Shoe:** One pair of comfortable but nice flats for dinner.
 - The “Marble to Sea” Footwear
3. **This Nurse’s Island Survival Kit (Pharmacy)** *Don’t rely on finding these when you’re already feeling terrible on a ferry.*
4.
 - **Motion Sickness:** Dramamine or Sea-Bands (I get a prescription for Scopolamine patches from my doctor).
 - **Allergy & Reactions:** Benadryl (New plants, bug bites, food changes).

- **Stomach & Pain:** Anti-diarrheal (Imodium), pain reliever (Ibuprofen, Tylenol).
- **First Aid:** Blister pads (Compeed brand is best), basic Band-Aids.
- **Sun Defense:** High-SPF sunscreen, aloe/lidocaine for sunburns, electrolyte packets for hydration.

4. Tech & Practical Gear

- **Power:** Type C European adapters (the 2-prong one), portable power bank + long charging cord.
- **Beach & Boat:** A dry bag (to protect your phone on boat tours), a Turkish towel (takes up zero space), a sun hat with a chin strap (the Meltemi winds will blow it off).
- **Money & Docs:** Passport + physical photocopies, small Euros (for tips and cash purchases), crossbody bag for security.

A Note from Kathy: After multiple trips navigating the Aegean Sea, I've learned that the secret to a stress-free Greek getaway is packing smart, not heavy. As an RN, my priority is always health, safety, and comfort—because you can't enjoy the magic of the islands if you're dealing with slippery shoes or hunting for a pharmacy! This carry-on capsule is designed to keep you light on your feet, chic for those late Mediterranean dinners, and totally prepared for the unexpected. Happy island hopping!

If you don't have it yet, here is the link to get my [14 Day "Stress free" Island Hopping Guide.](#)

