



Ultimate Packing Checklist (Long-Term)

A calm, realistic packing system for 6+ months of travel — built to keep you light, flexible, and comfortable.

Around the World with Rob | Module 4: Practical Travel Preparation | Updated 20 Jan 2026

How to use this:

- Pick your travel style (fast-moving vs slow travel).
- Choose 7-10 outfits total (not per week).
- Pack for laundry cycles, not for every possible scenario.
- Do a 10-minute 'regret test': remove anything you'd hate carrying up stairs.

1) Documents + Money

- Passport + one backup ID (if you have it)
- 2 bank cards (kept separately)
- Small amount of emergency cash (hidden)
- Travel insurance details (digital + one printed page)
- Driver's license / international permit (if needed)

2) Clothes (build a capsule)

Aim for: 3 tops + 2 bottoms + 1 warmer layer + 1 light layer + 1 smart outfit.

- Tops (3-5) - mix of short/long sleeve
- Bottoms (2-3) - one comfortable, one 'looks good'
- Warm layer - fleece / light puffer
- Light layer - hoodie / overshirt
- Rain layer - compact rain jacket
- Underwear (7-10 pairs)
- Socks (5-7 pairs)
- Sleepwear (1 set)
- Swimwear (1 set)

3) Shoes

Rule: two pairs is usually enough. Three is a luxury.

- Primary walking shoes (broken in)
- Sandals / slides (or a second light shoe)
- Optional: one smarter pair (only if your trip needs it)

4) Toiletries (keep it boring)

- Toothbrush + toothpaste
- Deodorant
- Small soap / shampoo (or buy on arrival)
- Razor / basic grooming kit
- Mini first-aid: plasters, antiseptic wipes, pain relief
- Any essential prescription meds + copies of scripts
- Sunscreen (buy locally if you prefer)

5) Tech (only what you use weekly)

- Phone + protective case
- Charging cable + wall plug (multi-port is gold)
- Power bank
- Universal adapter
- Laptop or tablet (optional)
- Noise-cancelling earbuds / headphones
- 2FA method (auth app + backup codes stored safely)

6) Travel kit

- Day bag (small backpack or sling)
- Packing cubes / compression bags
- Light padlock (for lockers)
- Reusable water bottle
- Microfibre towel (optional, depending on accommodation)
- Laundry kit: small detergent sheets + travel clothesline (optional)

7) Comfort + sanity

- Earplugs
- Sleep mask
- Small notebook / pen
- One sentimental item (tiny - keep it meaningful)

Packing rules that stop overpacking

- If you wouldn't wear it twice a month, it doesn't deserve the space.
- If it has only one purpose, make it earn its keep.
- Keep 10-15% of your bag empty for life (snacks, gifts, unexpected layers).
- Do one full practice pack and carry the bag for 5 minutes. Adjust.

Quick weight check

If you're flying a lot: keep your carry-on under airline limits and your day bag light.

If you're slow travelling: comfort matters more than shaving 200 grams.

Last step: the 24-hour test

Pack everything. Leave it overnight. Tomorrow morning, remove three items you can live without.