Travel Packing Checklist

Around the World with Rob | Updated 10 October 2026

Trip: _____ Dates: _____ Next laundry day: _____

Cross out what you do not need. Tick items only when they are packed.

Documents & money

- ☐ Passport / ID and required entry documents
- ☐ Tickets, bookings and insurance contacts
- ☐ Payment cards; suitable backup payment
- ☐ Secure offline copies of essential documents

Keep with you

- ☐ Regular medicines in original labelled packs
- ☐ Prescriptions / permits needed for your route
- ☐ Phone, charger, adapter and travel essentials
- ☐ Permitted power bank / spare batteries
- ☐ Glasses, hearing aids and essential devices
- ☐ Change of clothes and basic toiletries

Clothing & comfort

- ☐ Mix-and-match tops and bottoms
- ☐ Underwear and socks until next laundry day
- ☐ Sleepwear and weather-appropriate layers
- ☐ Broken-in walking shoes; activity footwear
- ☐ Sun hat / rain protection as needed
- ☐ Swimwear or smarter outfit if needed

Toiletries & personal needs

- ☐ Toothbrush, toothpaste and daily essentials
- ☐ Sunscreen / repellent where appropriate
- ☐ Period products, contact lenses and solution
- ☐ Small personal first-aid supplies
- ☐ Liquid containers compliant with your route
- ☐ Leakproof pouch and laundry bag

Adapt to your trip

- ☐ Work equipment only if actually needed
- ☐ Children: supplies, spare clothes, comfort item
- ☐ Cruise / tour dress and excursion requirements
- ☐ Hiking / specialist activity equipment
- ☐ Accessibility, mobility and dietary essentials
- ☐ Personal additions: _____

Final checks

- ☐ Every flight: bag count, size and weight
- ☐ Departure, transit and return airport rules
- ☐ Medicine permissions and storage needs
- ☐ Power-bank capacity, quantity and use rules
- ☐ Weigh packed bag; leave room for purchases
- ☐ Last-minute chargers / glasses / medicines

Pack for your actual itinerary, climate and laundry plan.

Airline, airport and destination rules vary. Confirm them before departure.

Keep medicines and valuables accessible. Remove power banks if a cabin bag is checked.

Sources: FAA PackSafe | GOV.UK hand luggage guidance | CDC medicine travel guidance

Full guide and source links: aroundtheworldwithrob.com - search "packing checklist"