Long-term packing checklist

Six months away does not require six months of clothes. Start with a laundry cycle, then add what the actual trip needs.

Build the core kit

- ☐ Documents, required permissions, insurance and separate payment backup.
- ☐ Clothing that mixes easily, with underwear and socks to laundry day.
- ☐ Warm, rain or sun layers for the destinations and season.
- ☐ Broken-in walking shoes; another pair only where useful.
- ☐ Toiletries and personal needs in practical quantities.
- ☐ Essential medicines, prescriptions and any import permissions.
- ☐ Phone, charger, adapter and permitted power bank.
- ☐ Day bag, laundry bag and any accommodation essentials.

Adapt, don’t automatically add

- ☐ Work equipment I genuinely need.
- ☐ Accessibility, mobility, medical or dietary supplies.
- ☐ Specialist clothing or equipment for booked activities.
- ☐ One small familiar thing that makes moving around nicer.

Make the bag earn its weight

Item I am unsure about	When will I use it?	Keep / leave

- ☐ I have packed and carried the loaded bag.
- ☐ The bag complies with each booked carrier.
- ☐ I have checked battery and medicine rules for the route.
- ☐ Essential items remain accessible during transfers.
- ☐ I have left useful room rather than filling every pocket.

My personal additions and items to buy locally

Useful links

FAA battery guidance

CDC medicine guidance