

## Complete Packing Checklist for Budget Travelers



This packing checklist is designed to help budget-conscious travelers maximize luggage space while minimizing weight.

By packing efficiently, you can avoid expensive checked bag fees and focus your travel funds on meaningful experiences instead.

The tips, lists, and advice in this guide will teach you how to optimize every inch of your suitcase and carry-on.

Proper packing takes some practice, but is an essential money-saving skill for affordable travel.

You'll learn creative ways to compress clothing, organize toiletries, and choose multi-use items.

We'll cover how to strategically place heavier objects and use packing tools to save space.



This checklist provides recommended items and quantities for versatile, minimal packing. Customize it to match your own travel style and needs. Use the packing tips to fit everything into a carry-on sized bag under 7kg to maximize savings.

Let's get started packing light so you can breeze through airports and focus on creating memories, enjoying new cultures, and indulging in local cuisine.

With this guide, you'll gain the knowledge and tools to travel easily on a budget!

## Clothing/Shoes List:

<b>Item</b>	<b>Amount</b>	<b>Commentary</b>
Underwear	5 pairs	Focus on breathable, quick-drying fabrics
Socks	5 pairs	Include a mix of socks for hiking and casual wear
T-shirts	3	Choose versatile solid colors that can be mixed and matched
Long sleeve shirts	2	Helpful for layering and sun protection
Pants	2 pairs	One pair jeans/trousers and one athletic/hiking pants
Shorts	1 pair	Avoid bulky cargo styles to save space
Dresses/skirts	1	A dress can double as a swim cover up!
Sweater	1	Pick a thin but warm cardigan or pullover
Jacket	1	Have one warm coat option like a parka or puffer
Walking shoes	1 pair	Make sure they are broken in for comfort
Sandals	1 pair	Choose a sturdy pair that can get wet
Hat	1	Sun protection and warmth

## Toiletries List:

Item	Amount	Commentary
Toothbrush	1	Consider a collapsible or travel size toothbrush
Toothpaste	1 tube	TSA approved size under 3 oz
Deodorant	1	Travel size or stick form
Makeup/skincare	Travel sizes	Mini/sample sizes to reduce weight & space
Shampoo & conditioner	Travel sizes	Look for 3 oz or under bottles
Contacts/glasses	If needed	Bring extra pairs and solution as needed
Medications	Supply for length of trip	Include prescriptions and OTC meds you regularly use

## Additional tips:

- Pack small first aid items like bandages, antiseptic, anti-itch cream.
- Bring copies of prescriptions and generic drug names in case replacements are needed.
- Have sunglasses and sunscreen for sun protection.
- Consider bringing small sewing kit for clothing repairs.
- Pack cleansing wipes, mini hand sanitizer, and other hygiene essentials.

## Electronics List:

Item	Amount	Commentary
Phone	1	Consider bringing a backup charging battery
Charger(s)	As needed	Use a multi-port adapter to limit cords
Adapter/converter	As needed	Research which plug types you will need abroad
Portable charger	1	Look for high capacity, compact models
Headphones	1	Noise-cancelling or wireless headphones are convenient
Camera	1	Extra battery and memory cards if needed

### Additional tips:

- Back up photos/files frequently to cloud storage or drives in case devices are lost/damaged.
- Keep electronics and chargers together in a pouch or bag for organization.
- Consider bringing a ziplock bag or dry pack to protect devices from water.
- Enable location/tracking services on devices in case they are misplaced or stolen.
- Research manufacturer warranty policies in case you need to repair or replace anything while abroad.

### **Other Essentials:**

- Phrasebook/dictionary (if needed)
- Money belt/passport pouch
- Extra passport photos
- Travel insurance documents
- Guidebooks/maps
- Travel journal/note taking supplies

### **Tips for Packing:**

- Roll clothes tightly and use packing cubes or compression bags to save space.
- Stuff socks and small items into shoes to utilize all space.
- Opt for multi-use, convertible items when possible to minimize items needed.
- Weigh luggage before traveling to avoid excess baggage fees.
- Wear bulky shoes and jackets to reduce weight while packing.
- Leave room in your bags for any souvenirs collected on your trip.

### **Helpful Packing Tools:**

- Eagle Creek packing cubes
- Space saver travel bottles
- Compression travel bags
- Luggage scale
- TSA approved locks

Using the tips and lists provided, you can efficiently pack your bags to maximize space while minimizing weight.

Have an amazing trip while saving on extra baggage costs!