

# Minimalist Travel Packing List

Unless you can afford a personal butler, being weighed down by luggage is a sure-fire way to limit your access to off-the-beaten-path adventures.

A heavy bag makes it harder to hop on a bus or a ferry, to navigate the crowds in a train station, or to take a detour down a romantic side-street. If you learn how to pack light, you'll also save money by not paying hefty airline luggage fees.

Here's a packing list to help you pack lighter (and smarter) on your next adventure.

## *Minimalist Packing List*

- ❖ Three pairs of socks. Three pairs of underwear. Three shirts. Wear one, wash one, dry one.
- ❖ Two pairs of pants + one culturally appropriate pair of shorts or a skirt.
- ❖ Limit yourself to two pairs of shoes. Bonus points if you can pull your trip off with just one!
- ❖ Items that don't show stains well.
- ❖ Thin, synthetic clothes that you can layer.
- ❖ Clothes that work in cool AND warm weather.
- ❖ A scarf — but only one. Choose wisely. It should keep you warm, turn into a picnic blanket, cover your head if you go to religious sites, and match almost every piece of clothing you bring.
- ❖ Coordinated colours. Pack as many items that look good with other pieces you are bringing. If there is an outlier, leave it behind.
- ❖ Clothes that are comfortable during the day and can also be dressed up for the evening. Remember, when you're at the opera, no one is looking at YOU, they're there to see the show.
- ❖ A sewing kit. Mending is a lost art that makes your clothes last a lot longer on the road.
- ❖ A small first-aid kit with extra band-aids. They will get used.

## *What NOT to Pack*

- ❖ A heavy coat. If you're going into the cold, invest in a light, packable synthetic-filled winter jacket. (Avoid down. It does not do well in rain and it's cruel).
- ❖ Books. Use the Kindle app on the smartphone or tablet you were already planning to bring.
- ❖ "Just in case" items. Leave behind anything you think you \*might\* need.
- ❖ One-trick shoes — like high heels, fashion boots, wooden clogs, etc.
- ❖ A power bank/battery pack. Learn to spot unattended electrical outlets instead.
- ❖ Extra power cables, USB cords, or plugs. Bring only what you need. You can buy / beg replacements if you lose something.
- ❖ Extra toiletries. Bring a bar of soap and bare-bones make-up. You can buy whatever else you need as you go.

## *More Packing Light Tips*

- ❖ Whether you're travelling for two weeks, two months, or two years, pack exactly the same stuff.
- ❖ Use packing cubes to neatly and tightly pack your clothes.
- ❖ For small items, use small packing cubes: one for underwear and socks, another for miscellaneous stuff such as a first-aid kit, earplugs, sewing kit, and power cords.
- ❖ Put heavier items near the wheels of your suitcase for easier rolling.
- ❖ Wear bulkier clothes and shoes on the plane; it's always too cold. Plus, the airline staff weighs your suitcase, not you.
- ❖ If you can check your bag for free, check it.

*Bon voyage!*  
*Stephen & Jane*

