

Your packing list

Everything that makes your journey easier, or better.

Europe first, with the rest of the world in mind.

CARRY-ON AND CHECKED · FOR HER AND FOR
HIM

EVERY AGE · EVERY SEASON · EVERY
REGION

Travel, considered.

Rachel Stankovic · Uptown Travel Design · Virtuoso Advisor
uptowntraveldesign.com · Rules and requirements current as of October 2026

Before you pack

I've packed for journeys to more than thirty countries, and I still edit my list before every departure. This is that list, written for you: what belongs in your carry-on, what belongs in your checked bag, and what changes depending on who's traveling with you.

It starts with Europe, but nearly all of it works anywhere. If your journey goes further, the additions for those regions are near the end. Your itinerary tells you which sections apply, and if I wouldn't pack something myself, it isn't here.

Rachel

HOW TO USE THIS LIST

1. Read the rules first, then pack the two lists every traveler shares: the carry-on and the checked bag.
2. Add the sections for the people on your journey, then the season and the regions on your route.
3. Print a copy for each traveler, or only the pages you need. Check the boxes as you pack, and use the last page for your own additions.

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Know the rules before you pack

Pack every carry-on liquid to the 100 ml (3.4 oz) limit, on every flight, in both directions. As of October 2026, at least one airport on your route will still enforce it.

Liquids in the U.S. TSA's 3-1-1 rule hasn't changed: containers of 3.4 oz or less, all in one clear quart-size bag, one bag per person. TSA is considering letting PreCheck members bring a full water bottle through select airports, but nothing is official yet. Arrive with your bottle empty and fill it once you clear security.

Liquids in Europe and the UK. A handful of airports with new CT scanners now allow containers up to 2 liters, including London Heathrow, Gatwick, Edinburgh, Dublin, Rome Fiumicino, and Milan Linate and Malpensa. Paris, Madrid, Lisbon, Amsterdam, and most German airports still enforce 100 ml. You can clear security in Rome with a full-size bottle and lose it in Lisbon. If you connect in the U.S. on the way home, you clear TSA again.

The exceptions. Prescription medications, baby formula, breast milk, and baby food are allowed in larger amounts. Declare them at the start of screening. Duty-free liquids stay in the sealed bag with the receipt inside.

Power banks. Each traveler can carry two at most, each under 100 Wh. American and Delta adopted the same limit on May 1, 2026, and Southwest allows one. Power banks never go in a checked bag, stay out of the overhead bin on U.S. carriers, and can't be recharged from the seat. Lufthansa Group doesn't allow you to use one onboard at all. If your carry-on gets checked at the gate, take the power bank out first.

Plugs and voltage. Continental Europe uses Type C and F plugs at 230V. The UK and Ireland use Type G. A slim Type C plug also fits most outlets in Italy and Switzerland. Phone, laptop, and camera chargers are dual voltage. Hair tools usually aren't, so check the label for 100-240V before you pack one. For destinations beyond Europe, see the plug chart near the end.

Entry documents. For the Schengen area, your passport must be valid at least three months past your departure date and issued within the last ten years. I ask you to carry six months of validity. The UK requires an Electronic Travel Authorisation (ETA), applied for through the official UK ETA app. The EU's ETIAS still has no launch date, so no advance application is needed for now, and any website taking ETIAS applications today isn't legitimate. Europe's Entry/Exit System will scan your fingerprints and photo at the border on your first entry.

DESIGNER'S NOTE

Beyond Europe, I confirm the entry requirements for every destination in your digital itinerary. The ones that surprise people: Australia's ETA, New Zealand's NZeTA, two blank passport pages for South Africa, and a visa for Cambodia.

The carry-on: every traveler

Anything you can't replace in a day, or can't live without for a day, goes in your carry-on. That means documents, medications, electronics, and one change of clothes.

THE BAG ITSELF

European carriers allow smaller carry-ons than U.S. airlines, roughly 55 x 40 x 23 cm, and many of them weigh it. Lufthansa's economy limit is 8 kg. An international-size bag fits both.

- ☐ **Briggs & Riley Baseline International Carry-On Spinner** · Sized for European overhead bins, with a lifetime warranty that covers airline damage
-

- ☐ **Travelpro Platinum Elite International Carry-On Spinner** · Lighter, with a USB port and a garment section for one jacket
-

DOCUMENTS AND ORGANIZATION

- ☐ **Passport, plus a printed copy of the photo page**
 - ☐ **UK ETA confirmation** · If London is on your route
 - ☐ **Two credit cards with no foreign transaction fees**
 - ☐ **Your digital itinerary, saved for offline use**
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- ☐ **Bellroy Travel Wallet** · Passport, boarding passes, cards, and a pen in one place
 - ☐ **Apple AirTag (2nd generation), 4-pack** · One in every checked bag and one in the carry-on
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TECH AND POWER

- ☐ **Anker Nano Power Bank, 10,000 mAh** · About 37 Wh, and two full phone charges on a museum day
 - ☐ **Anker Nano Charger, 65W, 3-Port** · Phone, tablet, and laptop from one dual-voltage plug
 - ☐ **Ceptics European Plug Adapter, Type C** · Slim enough for recessed outlets in older hotels
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- ☐ **EPICKA Universal Travel Adapter** · For London plus the Continent, or anywhere beyond Europe
 - ☐ **Anker USB-C Cable, 10 ft** · Outlets in historic hotels are rarely next to the bed
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IN-FLIGHT COMFORT

- ☐ **Twelve South AirFly Pro** · Connects your earbuds to the seatback screen
- ☐ **Sony WH-1000XM6 or Bose QuietComfort Ultra** · Over-ear noise cancelling. Choose one
- ☐ **Cabeau Evolution S3 Travel Pillow** · Holds your head upright, and clips to your bag
- ☐ **Manta Sleep Mask** · Blocks light without pressing on your eyes

- ☐ **Loop Quiet Earplugs** · For the flight, and the room above a lively piazza
- ☐ **Comrad Compression Socks** · Graduated compression for long-haul flights
- ☐ **Owala FreeSip Water Bottle, 24 oz** · Empty through security, fill at the gate

TOILETRIES AND HEALTH

- ☐ **Prescription medications** · In original labeled containers, plus two extra days
- ☐ **Bagsmart Clear Toiletry Bag** · Quart size, and sturdier than a zip-top bag
- ☐ **humangear GoToob+ Travel Bottles** · Leakproof silicone, under 100 ml

- ☐ **Ethique Solid Shampoo Bar** · Solids don't count toward your liquids
- ☐ **Wet Ones Antibacterial Hand Wipes, Travel Pack** · For the tray table and the armrest

DESIGNER'S NOTE

Medications never go in a checked bag. If your carry-on is taken at the gate, pull them out along with the power bank.

03

The checked bag: every traveler

Your checked bag holds what you can replace in a day if it arrives late. Pack it so you can find anything in a hotel room without emptying it onto the bed.

THE BAG ITSELF

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|--|---|
| ☐ Travelpro Platinum Elite Medium Check-In Expandable Spinner · Keeps you under the 23 kg (about 50 lb) limit most European carriers set | ☐ Briggs & Riley Baseline Medium Expandable Spinner · Lifetime warranty, and it expands on the way home |
| | ☐ Etekcitiy Digital Luggage Scale · Weigh the bag in your hotel room, not at check-in |
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PACKING SYSTEM

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| ☐ Eagle Creek Pack-It Reveal Cube Set · One cube per category, so a hotel change takes ten minutes | ☐ Matador ReFraction Packable Backpack · Folds to the size of a fist |
| ☐ Eagle Creek Pack-It Reveal Garment Folder · Keeps a blazer presentable for dinner the night you arrive | |
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LAUNDRY AND GARMENT CARE

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| ☐ Scrubba Wash Bag · A pocket-size washboard for a sink load | ☐ Tide to Go Instant Stain Remover Pen · For the carbonara at lunch before the opera |
| ☐ Sea to Summit Lite Line Clothesline · No pegs needed | ☐ Downy Wrinkle Releaser, Travel Size · Spray, smooth, and hang in a steamy bathroom |
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HEALTH KIT

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| ☐ Compeed Blister Cushions · Cobblestones catch up with everyone by day three | ☐ Your usual pain reliever, an antihistamine, and a digestive aid |
| ☐ Adventure Medical Kits Ultralight/Watertight .5 · Bandages, antiseptic, and tape in a waterproof pouch | ☐ Motion sickness tablets · For ferries, the Amalfi Coast road, or mountain passes |
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WEATHER

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| ☐ Repel Windproof Travel Umbrella · Survives the wind on the Thames and the Lisbon waterfront |
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04

For museums, churches, and performances

The hours you'll talk about afterward happen in front of a painting, under a painted ceiling, or in a concert hall. A small kit makes those hours better, and the right clothes get you through the door.

THE CULTURE KIT

- ☐ **Pentax Papilio II 6.5x21 Binoculars** · Focus as close as 20 inches, for an altarpiece behind a rope or a fresco three stories up. They double as opera glasses
- ☐ **Moleskine Cahier Journals** · For the painting you loved and the street you want to find again
- ☐ **Vortex Solo 8x25 Monocular** · Pocket size for the Sistine Chapel, Sainte-Chapelle, and Ravenna
- ☐ **A small crossbody or sling** · The Louvre, the Uffizi, and the Vatican send large backpacks to the cloakroom

DRESS CODES TO PLAN FOR

WHERE

WHAT TO WEAR

Catholic churches in Italy, Spain, and Portugal, including St. Peter's and St. Mark's

Shoulders and knees covered for everyone

Mosques in Turkey, including the Blue Mosque and Hagia Sophia

Women cover hair, shoulders, and knees; men wear long pants; everyone removes shoes

Orthodox monasteries in Greece, including Meteora

Women wear a skirt below the knee; wraps are often lent at the entrance

Buddhist temples in Southeast Asia, including Angkor and the Grand Palace

Shoulders and knees covered; shoes off inside many shrines

Temples and ryokans in Japan

Modest dress; shoes off indoors, so wear socks without holes

DESIGNER'S NOTE

La Scala and the Vienna State Opera have no black-tie rule, but a jacket or a dress suits the room.

DESIGNER'S NOTE

The cashmere-blend wrap on the For Her list covers almost every row in this table.

05

For her

Two pairs of walking shoes, one wrap that covers your shoulders, and a crossbody bag that closes all the way. Those three decisions shape the rest of the suitcase.

CARRY-ON

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| ☐ Pacsafe Citysafe CX Anti-Theft Crossbody · Locking zippers for the Paris Metro, in a shape that works at dinner | ☐ Travalo Classic Refillable Perfume Atomizer · 5 ml that fits the liquids bag |
| ☐ Cashmere-blend travel wrap · A blanket on the plane, and shoulder coverage for churches | ☐ Bagsmart Travel Jewelry Organizer · Jewelry rides with you, never in a checked bag |
| ☐ Slip Silk Sleep Mask · Gentler on skin and lashes than foam | ☐ La Roche-Posay Cicaplast Baume B5 · Cabin air dries skin fast |
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CHECKED

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| ☐ Vionic Uptown Loafer · Arch support that works with trousers or a dress | ☐ Bagsmart Hanging Toiletry Bag · For bathrooms with little counter space |
| ☐ ECCO Soft 7 Sneaker (Women's) · Polished enough for a gallery and a casual dinner | ☐ BaBylissPRO Nano Titanium Travel Hair Dryer · Dual voltage. Most hotels I book provide a dryer |
| ☐ Wrinkle-resistant knit midi dress · From a morning at the Uffizi to dinner with a jacket | ☐ Dual-voltage travel flat iron · A U.S. flat iron on 230V burns out in minutes |
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06

For him

One packable blazer, merino layers you can wear twice, and a wallet that lives in a front pocket. European dining rooms lean dressier in the evening, so plan one outfit above smart casual.

CARRY-ON

☐ **Peak Design Everyday Sling 6L** · Swings to the front in a crowd

☐ **Bellroy Note Sleeve Wallet** · Slim enough for a front pocket

☐ **Bellroy Toiletry Kit** · Opens flat on a narrow sink ledge

☐ **Philips Norelco OneBlade 360** · Rechargeable, dual voltage, no shaving cream

CHECKED

☐ **Bluffworks Travel Blazer** · Packs flat and covers the reservation that calls for a jacket

☐ **Bluffworks Gramercy Chinos** · Travel fabric that looks pressed

☐ **Unbound Merino T-Shirt** · Three shirts cover a week

☐ **ECCO Soft 7 Sneaker (Men's)** · Walks all day and looks right with chinos

☐ **Clarks Desert Boot** · For fall and winter, and fine at dinner

07

Infants and toddlers (ages 0 to 4)

Plan for stairs, cobblestones, and a time change that hits small children hardest. A carrier and a compact stroller together cover almost every European street.

CARRY-ON

- ☐ **Ergobaby Omni Breeze Baby Carrier** · Hill towns and metro stairs are no place for a stroller
- ☐ **Babyzen YOYO2 Stroller** · Folds to carry-on size
- ☐ **GB Pockit+ All-City Stroller** · For families who expect to carry it more than push it
- ☐ **CARES Child Aviation Restraint System** · Many European airlines don't accept it, so ask me first

- ☐ **Trunki Ride-On Suitcase** · Ages 3 to 6
- ☐ **Skip Hop Pronto Changing Station** · Changing tables are scarce in older buildings
- ☐ **Munchkin Snack Catcher**
- ☐ **Melissa & Doug Water Wow! Activity Pads**
- ☐ **Puro Sound Labs BT2200s Kids Headphones** · Volume limited to 85 dB

CHECKED

- ☐ **Yogasleep Hushh Portable Sound Machine**
- ☐ **SlumberPod Portable Blackout Tent** · Sunset in Paris is close to 10 p.m. in June
- ☐ **Guava Lotus Travel Crib** · I request cribs from hotels. Bring this for villas

- ☐ **WAYB Pico Travel Car Seat** · For private transfers, I request a certified seat for each child
- ☐ **J.L. Childress Padded Car Seat Travel Bag** · Protects the seat if you check it

DESIGNER'S NOTE

Formula, breast milk, and baby food are exempt from the liquids limit in reasonable amounts. Declare them at the start of screening.

08

Children (ages 5 to 12)

Give your children their own bag and something to do with their hands in a museum. A child who sketches a painting remembers it.

CARRY-ON

- ☐ **Fjällräven Kånken Mini Backpack** · Their bag, carried by them
- ☐ **JLab JBuddies Kids Wireless Headphones** · Volume limited to 85 dB
- ☐ **Kindle Kids** · Download books at home
- ☐ **Moleskine Art Sketchbook and Faber-Castell pencils** · Most museums allow pencil, not ink

- ☐ **Lonely Planet Kids city guide** · Read it on the flight
- ☐ **Spot It! Card Game** · For trains, cafés, and the wait for dinner
- ☐ **Kids' AirTag wristband** · For the Vatican Museums or a Christmas market crowd

CHECKED

- ☐ **Columbia Kids' Glennaker Rain Jacket** · Packs into its own pocket

- ☐ **KEEN Kids' Newport H2 Sandals** · Closed toes for cobblestones

DESIGNER'S NOTE

Pack the sneakers they already wear. New shoes on a 15,000-step day end in tears by lunch.

09

Teens (ages 13 to 17)

Teens carry their own tech, so give them their own power and a way to keep their phone attached to them. Then give them something to record the journey that isn't a phone.

CARRY-ON

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| ☐ Apple AirPods Pro 3 · Pair with the AirFly for the seatback screen | ☐ Fujifilm Instax Mini Instant Camera · A printed photo ends up on a bedroom wall |
| ☐ Anker MagGo Power Bank, 10,000 mAh · Counts toward the two-bank limit, so one per teen | ☐ Kindle Paperwhite · Load a novel set where you're going |
| ☐ Phone crossbody lanyard · Phones left on café tables disappear | ☐ Moleskine Classic Notebook · A journal they'll want in twenty years |
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CHECKED

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| ☐ Long pants or a long skirt, and a shirt with sleeves · Many churches enforce dress codes at the door | ☐ The sneakers they already wear · The rain jacket and cubes from the lists above cover the rest |
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DESIGNER'S NOTE

Set up an eSIM or an international plan on every phone before you leave, and turn on location sharing within the family.

IO

Travelers 65 and over

The right shoes, a place to sit, and medications organized for a new time zone are where I start. If anyone on your journey has mobility needs, tell me and I'll plan rooms, transfers, and walking distances around them.

CARRY-ON

- ☐ **Ezy Dose Weekly AM/PM Pill Organizer** · Keep the labeled bottles and a list of generic names too
- ☐ **HurryCane Freedom Edition Folding Cane** · Stands on its own and folds into a tote

- ☐ **Folding cane seat** · For the Vatican line and galleries with few benches
- ☐ **Reading glasses, multi-pack** · A pair in every bag
- ☐ **LED pocket magnifier** · For candlelit menus and site maps

CHECKED

- ☐ **HOKA Bondi 9** · Deep cushioning for stone floors
- ☐ **Vionic Walker Classic** · Orthotic support in a leather walking shoe

- ☐ **Rechargeable motion-sensor night lights** · Historic rooms often have a step down into the bathroom
- ☐ **Samsonite Freeform Hardside Spinner, Medium** · Light enough to lift onto a train rack

DESIGNER'S NOTE

The compression socks on the carry-on list matter even more here. Ask your doctor about anything else to plan for on a long-haul flight.

II

Packing by season in Europe

The lists above work year-round. Add these based on when you travel. Temperatures are typical daytime highs.

SPRING (MARCH TO MAY)

Rome and Seville reach the high 60s to mid-70s°F by late April. Paris and London sit in the high 50s to low 60s, with showers that arrive without warning. Layers beat one heavy coat.

☐ **Columbia Arcadia II (women's) or Watertight II (men's)**
Rain Jacket · Packs into its own pocket

☐ **Lightweight merino crew sweater** · Warm at dinner, light in the day bag

SUMMER (JUNE TO AUGUST)

Rome and Florence average highs near 90°F in July, and Seville runs close to 96°F. Recent summers have brought heat waves above 100°F across southern Europe. Plan outdoor sites for the morning and save the afternoon for the museum or the hotel pool.

☐ **Wollaroo Victoria Fedora, UPF 50+** · Packable, and it holds its shape

☐ **La Roche-Posay Anthelios Mineral Sunscreen** · Travel size, and buy more at any pharmacy

☐ **Frogg Toggs Chilly Pad Cooling Towel** · Wet it at a fountain

☐ **JISULIFE Handheld Fan** · Churches stay warm in July

☐ **Birkenstock Arizona Soft Footbed** · For evenings and the beach

FALL (SEPTEMBER TO NOVEMBER)

September still feels like summer in the south, with highs around 80°F in Rome. By November, Paris and London drop to the low 50s with more rain, and the days shorten fast. Pack for both ends of that range on a late-October journey, including the rain jacket and merino sweater from spring.

WINTER (DECEMBER TO FEBRUARY)

Vienna, Prague, and Munich run in the mid to high 30s°F, and the Christmas markets feel colder after dark. Southern Italy, Spain, and Portugal stay in the 50s and 60s, which makes them strong choices for a January journey.

☐ **Eddie Bauer CirrusLite Down Jacket** · Compresses into a small stuff sack

☐ **Smartwool Classic Thermal Merino Base Layer** · Thin enough under regular clothes

☐ **Blundstone Original Chelsea Boots** · Water resistant and fine at dinner

☐ **HotHands Hand Warmers** · One in each pocket at the Christmas market

I2

Regional additions in Europe

Europe changes a lot within a few hundred miles. Add these to the core lists for the regions on your route.

NORWAY, SWEDEN, AND ICELAND

Northern summers bring daylight close to midnight, and winters bring the northern lights and short days. Pack a swimsuit in any season for the lagoons and saunas, and the Manta mask for summer nights.

☐ **Merrell Moab 3 Mid Waterproof Hiking Boots** · For fjord trails

☐ **Yaktrax Walker Traction Cleats** · Icy streets, November to March

THE ALPS AND DOLOMITES

A cable car can lift you from a warm valley to snow in fifteen minutes. Keep a warm layer in the day bag even in July, and bring the hat and sunscreen in any season.

☐ **Black Diamond Trail Trekking Poles** · Checked bag only

☐ **Sea to Summit Silk Travel Liner** · Many mountain huts ask you to bring one

MEDITERRANEAN COASTS AND ISLANDS

☐ **Merrell Hydro Moc Water Shoes** · Pebble beaches are hard on bare feet

☐ **Sea to Summit Lightweight Dry Bag** · For a boat day to Capri

☐ **Turkish cotton peshtemal towel** · Beach towel, wrap, or picnic blanket

VENICE

High water, or acqua alta, is most likely between October and January. The city also has hundreds of bridges and no cars, so pack lighter for Venice, or ask me about porter service from the water taxi to your hotel.

☐ **Reusable waterproof shoe covers** · Fold flat in a day bag

TURKEY

Mosque visits call for a head scarf for women, long pants for men, and shoes you can slip off. Balloon flights over Cappadocia launch before sunrise, when it's cold even in summer.

☐ **Lightweight silk scarf** · Covers your hair at the Blue Mosque

DESIGNER'S NOTE

A northern lights excursion means standing still outside for hours. Add the thermal base layer, hand warmers, and down jacket from the winter list.

I3

On the move: trains, cars, and cruises

How you travel between cities changes what you can carry. Pack for the leg with the least room.

BY TRAIN

On most European trains you lift your own bag onto an overhead rack. Each traveler should be able to lift their own bag over their head. Eurostar allows two large bags and one small bag per person.

- ☐ **Pacsafe Retractable 250 Cable Lock** · Secures a bag to the luggage rack
-

BY CAR

A U.S. license alone isn't enough in Italy, Spain, Austria, or Greece. Many Italian town centers are ZTL camera zones, so ask your hotel whether it can register your plate before you arrive. Download offline maps for the whole route.

- ☐ **International Driving Permit** · From AAA, before you leave
-

- ☐ **Anker USB-C Car Charger** · Rentals often have one USB-A port or none
-

- ☐ **Phone vent mount** · For hands-free navigation
-

RIVER AND OCEAN CRUISES

River ships often dock side by side, so you may walk through another ship and down a steep gangway. Comfortable shoes matter more than the dress code. Luxury ocean lines dress elegant casual most evenings, and I'll note any formal nights for your sailing.

- ☐ **Cruise-approved power strip** · Non-surge only
-

- ☐ **Magnetic hooks** · Cabin walls on most ships are steel
-

- ☐ **Sea-Band Acupressure Wristbands** · For open-water days
-

DESIGNER'S NOTE

Bring the Papilio binoculars from the culture kit for fjords, coastlines, and wildlife from the deck.

I4

Beyond Europe

The core carry-on and checked lists travel anywhere. These are the additions that change by region.

JAPAN AND EAST ASIA

You'll take your shoes off at temples, ryokans, and some restaurants. Public trash cans are rare, and cash and coins are still common. Japan runs on 100V with Type A outlets, so U.S. plugs fit.

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| ☐ Slip-on walking sneakers | ☐ Leather coin purse |
| ☐ Darn Tough Merino Socks · On display every time your shoes come off | ☐ BAGGU Standard Reusable Bag · Holds your wrappers until you find a bin |
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SOUTHEAST ASIA

Heat and humidity meet temple dress codes. See a travel clinic about six weeks before departure for vaccine and medication advice.

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| ☐ Sawyer Picaridin Insect Repellent Lotion | ☐ Liquid I.V. Hydration Multiplier |
| ☐ Sawyer Permethrin Fabric Treatment · On clothes at home, never on skin | ☐ Columbia Silver Ridge Utility Convertible Pants · Temple-appropriate, and they zip to shorts |
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AFRICAN SAFARI

Small bush planes limit luggage to a soft-sided bag, usually 15 to 20 kg including your carry-on. Wear khaki, olive, and tan, since dark blue and black attract tsetse flies. Early game drives are cold, especially June through August.

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| ☐ The North Face Base Camp Duffel, Medium · Soft-sided for bush flight limits | ☐ Black Diamond Spot 400 Headlamp |
| ☐ Vortex Diamondback HD 8x42 Binoculars · One pair per person | ☐ Buff Original EcoStretch Neck Gaiter |
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AUSTRALIA AND NEW ZEALAND

The seasons are reversed. Both countries enforce strict biosecurity, so declare all food and scrub the soil off hiking boots before you pack them.

☐ Ceptics Australia and New Zealand Adapter, Type I

☐ UPF 50+ long-sleeve sun shirt

LATIN AMERICA

Cusco sits above 11,000 feet, with nights near freezing in June and July, so ask your doctor about altitude. Voltage varies from 127V in Mexico to 220V in Peru. The down jacket, merino layers, and repellent from the lists above cover the Andes and the Amazon, and the water shoes handle wet landings in the Galápagos.

DESIGNER'S NOTE

In Japan, buy a tenugui, a thin cotton hand towel, on your first day and carry it for restrooms.

15 Plugs and voltage around the world

Dual-voltage chargers marked 100-240V work everywhere on this chart. Hair tools and other heating appliances need a dual-voltage model.

DESTINATION	PLUG	VOLTAGE	ADAPTER TO PACK
UK and Ireland	G	230V	Type G
France, Germany, Austria, Spain, Portugal, Czech Republic, Netherlands, Scandinavia, Iceland, Greece, Turkey	C, F	230V	Type C
Italy	C, F, L	230V	Type C
Switzerland	C, J	230V	Type C
Japan	A, B	100V	None for two-prong plugs
China	A, C, I	220V	Universal
Thailand, Vietnam, Cambodia	A, C, others	220-230V	Universal
Australia and New Zealand	I	230V	Type I
South Africa	M, N	230V	Type M (most universal adapters lack it)
Kenya and Tanzania	G, D	230-240V	Type G
United Arab Emirates	G	230V	Type G
Canada	A, B	120V	None
Mexico	A, B	127V	None for two-prong plugs
Peru	A, C	220V	None for two-prong plugs; check voltage

Your own additions

Every traveler has a few things no list can predict. Write them here so they make the next journey too.

TRAVELER	DESTINATION	DEPARTURE DATE
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WHILE YOU PACK

Shop the list, then ask me anything

SHOP THE PACKING LIST

Every item in this guide is linked in one place on my website, so you don't have to search for each piece.

uptowntraveldesign.com/packing-list

NOT SURE SOMETHING MAKES THE CUT?

Send me a photo or a question through your client portal. I'll check it against your airlines, your hotels, and your route before you leave, so nothing surprises you at the airport.

[Open your client portal](#)

Travel, considered.

Rachel Stankovic · Uptown Travel Design · Virtuoso Advisor
uptowntraveldesign.com

Airport rules, entry requirements, and airline policies in this guide are current as of October 2026 and change often. Confirm with your airline before you fly.