



Tranquil Travel

"Travel brings power and love back into your life."

—Rumi

Tips:

- Wear your bulkiest items when you travel.
- Roll your clothing.
- Pack products that serve multiple purposes such as Dr. Bronner's, shampoo/soap, and body/face moisturizer.
- Pack versatile pieces that can be worn in multiple ways such as a skirt that can also be a dress.

Two-Week Packing List:

- Swimsuit
- Five pairs undies
- Two bras
- Three pairs of versatile shoes
- Five neutral-colored pants and/or shorts
- Three neutral-colored dresses and/or skirts
- Five neutral-colored tops
- Sun hat or beanie
- One-two colorful scarves
- One coat/jacket
- Socks and/or tights

Tools:

- Travel yoga mat
- Scented candle and lighter
- Earplugs and eye mask
- Lavender oil and parfum
- Assortment of teas and treats
- Reusable water bottle
- Medication
- Journal and pens
- Camera and/or smartphone
- Chargers
- Travel-size toiletries: soap, shampoo, conditioner, deodorant, moisturizer
- Razor and tweezers
- Band-aids
- Face oil, mascara, lipstick
- Slippers
- Travel-size detergent
- Headphones
- Passport
- Books/e-reader
- Travel guides



my travel ideas