

# travel checklist

*The world is a book, and those who do not travel  
read only a page. -Saint Augustine*

## TRANQUIL TRAVEL TIPS

1. Wear your bulkiest items when you travel
2. Roll your clothing
3. Pack products that serve multiple purposes such as Dr. Bronners, shampoo/soap, and body/face moisturizer
4. Pack versatile pieces that can be worn in multiple ways such as a skirt that can also be a dress
5. Choose pieces that mix and match
6. Think layers to handle a temperature flux

## TRANQUIL TRAVEL CLOTHING {2 WEEKS}

- ☐ 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 (depending on weather)
- ☐ one-two colorful scarves
- ☐ one coat/jacket
- ☐ socks and/or tights

## TRANQUIL TRAVEL TOOLS

- ☐ thin travel yoga mat
- ☐ scented candle and lighter
- ☐ earplugs
- ☐ parfum
- ☐ eye pillow or eye mask
- ☐ assortment of favorite teas
- ☐ healthy snacks  
{almonds, dried mango, protein bars}
- ☐ reusable water bottle
- ☐ pain reliever pills
- ☐ journal and pen
- ☐ 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 packet of detergent
- ☐ headphones
- ☐ passport
- ☐ books
- ☐ travel guides

