

Tranquil Travel

“TRAVEL BRINGS POWER AND LOVE BACK INTO YOUR LIFE.”
—RUMI

TIPS:

1. Wear your bulkiest items when you travel.
2. Roll your clothing.
3. Pack products that serve multiple purposes such as Dr. Bronner’s, 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. For packing, check out [TranquilT’s 11-piece capsule wardrobe](#).

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
- Travel guides



MY TRAVEL MUST-HAVES:

A vertical rectangular area with a light pink background and a grid of small pink dots, intended for listing travel must-haves.