



PACKING LIST

FOR WOMEN TRAVELLERS

Pack Less
Travel
Better

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Ever worried about forgetting something important, or packing so much you go over the weight limit for your luggage? You need a travel packing list!

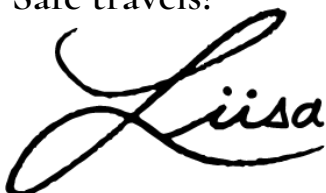
Over the years I've read so many travel packing lists that did not help me at all. It's great that most men can simply throw in clean underwear and a couple of Tshirts into a backpack with a toothbrush and they are good-to-go. And I know many women happily keep it to shorts, tank tops and bikinis and no makeup. But if you're like me, you need to bring more. But not too much more!

This Packing List is based on my twenty+ years of trial-and-error on all kinds of travels. It's especially designed for those of us who like to dress up but still want to pack efficiently.

I've included packing lists for Hot, Cold and Moderate climates. Plus, a checklist of toiletries, electronics and other essentials that I've learned you need for any trip, anytime. And this all fits into a regulation carry on!

Whether you're planning for your first trip ever or looking for new ways to pack smarter, I hope this helps make your trips even better. Feel free to ignore anything that doesn't make sense for you. And if this list has helped you I'd love to hear about it, send me a note at writetome@liisawanders.com.

Safe travels!

A stylized, handwritten signature in black ink that reads "Lisa". The signature is fluid and cursive, with a large, looping initial 'L'.

CLOTHING

My #1 tip is: don't pack anything you think you'll only wear once.*

These lists are designed for trips up to 10 days. For longer trips I recommend packing the same and recycling your wardrobe. (See below for laundry tips.)

Going away for an epically long trip, especially to a country where clothing is cheap? Pack light and budget to buy things that suit the climate and culture along the way. Caveat for bigger bodies: "plus size" clothing is not always widely available outside of North America.

*Exception for weddings, costume parties and other special events.



HOT / SUMMER CLIMATE

- ☐ up to 10 pair underwear (or less if you can wash more often)
- ☐ 1 extra lightweight bra
- ☐ 1 sleepwear item
- ☐ 1-2 swimsuits (back up to wear while the other is still wet)
- ☐ 2-3 pair thin socks
- ☐ 1 pair comfortable walking sneakers/shoes or unlined boots
- ☐ 1 pair sandals
- ☐ 2 pair lightweight pants or leggings
- ☐ 1 pair shorts (if culturally acceptable where you are going)
- ☐ 3-4 tops (Tshirt, tank top, blouse, etc.) that match all bottoms
- ☐ 2 dresses (one sundress, one "nice restaurant/club" dress)
- ☐ hoodie or cardigan for chilly nights (also good for plane)
- ☐ 1 sunhat
- ☐ 1 scarf (for covering head/shoulders from sun and/or modesty)
- ☐ 2 pair sunglasses (back-up/fun pair plus everyday pair)

OPTIONAL

- ☐ flipflops - if you're going to beach/spa/pool/hostel
- ☐ bike shorts or anti-chaffing shorts for under your dress
- ☐ belt / jewelry
- ☐ tote bag for the beach

Skip the high heels. Unless needed for a special event they just take up space, give blisters and trip on cobblestones



COLD / WINTER CLIMATE

- ☐ up to 10 pair underwear (or less if you can wash more often)
- ☐ 1 extra bra
- ☐ 1 sleepwear item
- ☐ 1 swimsuit (for spa, pool, etc.)
- ☐ 3-4 pair warm socks
- ☐ 1 pair warm and waterproof boots (ideally with treads)
- ☐ 1 pair slip-on shoes (for inside or cab-to-curb outings)
- ☐ 2 pair warm leggings
- ☐ 2 pair pants (avoid denim; heavy and awful when wet)
- ☐ 3-4 long-sleeve tops that match all bottoms and can be layered
- ☐ 1 hoodie or cozy sweater
- ☐ 1 nice dress you can wear with the leggings (or add hosiery)
- ☐ 1 truly warm coat
- ☐ 1 hat
- ☐ 1 scarf
- ☐ 1 pair gloves
- ☐ 2 pair sunglasses

OPTIONAL

- ☐ flipflops - if you're going to spa/hostel
- ☐ 2nd pair of gloves/ mitts
- ☐ handwarmers
- ☐ jewelry

Cross-body purse is better than a backpack in the city. Carry less, keep your valuables closer, and look less like a tourist.



MILD SPRING/FALL CLIMATE

- ☐ up to 10 pair underwear (or less if you can wash more often)
- ☐ 1 extra bra
- ☐ 1 sleepwear item
- ☐ 1 swimsuit (for spa, pool, etc.)
- ☐ 3-4 pair socks
- ☐ 1 pair comfortable stylish boots
- ☐ 1 pair comfortable sneakers / shoes
- ☐ 1 pair leggings
- ☐ 1 pair jeans or pants
- ☐ 3-4 tops that match all bottoms (think knits, turtlenecks, etc)
- ☐ 1 hoodie or light sweater
- ☐ 1-2 dresses or long skirts that go with leggings (or add hosiery)
- ☐ 1 stylish long jacket (ideally waterproof with hood)
- ☐ 1 scarf
- ☐ 2 pair sunglasses

OPTIONAL

- ☐ flipflops - if you're going to spa/hostel
- ☐ gloves
- ☐ belt / jewelry
- ☐ umbrella (good hotels usually have these to lend)
- ☐ hat

Sun Protection is essential
Always bring SPF, no matter the climate.

TOILETRIES

Restrictions on liquids and aerosols continue for most air travel, so if you're flying check what's allowed. This list assumes you are staying in a hotel that provides decent soap, shampoo, conditioner, and lotion. See optional add-ons if you need to BYO.

- ☐ Sunscreen – SPF 30 or higher
- ☐ Toothbrush, toothpaste, floss
- ☐ Deodorant
- ☐ Hairbrush or comb and accessories (bobby pins, hair ties, etc.)
- ☐ Face cleanser
- ☐ Moisturizer with SPF (Tinted is good alternative to foundation)
- ☐ Make-up and Brushes (as per your style)
- ☐ Make-up remover
- ☐ Remedies – Tylenol, Aleve, Advil, Gravol, etc.
- ☐ Band-Aids
- ☐ Nail file
- ☐ Loofah or exfoliating mitt (smaller and dries faster than cloth)

OPTIONAL

- ☐ Body Wash
- ☐ Shampoo / Conditioner
- ☐ Night cream, eye cream or serum
- ☐ Lip Balm with SPF
- ☐ Hairspray or styling products
- ☐ Razor
- ☐ Contact lenses / solution
- ☐ Birth control and/or condoms
- ☐ Diva Cup or menstrual products
- ☐ Fragrance (roller balls are easy to carry)
- ☐ Hair Dryer / Flat iron

Packing cubes are a game changer to compress & separate your clothing; use for dirty laundry on the way back.

CARRY-ON ESSENTIALS

- ☐ Passport / ID
- ☐ Wallet, Credit Cards, Cash
- ☐ Phone & charger
- ☐ Travel insurance / Reservation print outs (don't depend on wifi)
- ☐ Water bottle (empty, fill up after security)
- ☐ Prescription Meds
- ☐ Air pods / earphones
- ☐ Hand sanitizer / wipes
- ☐ Pen
- ☐ Snacks / Gum

OPTIONAL

- ☐ N95 or surgical masks
- ☐ Adapter and/or voltage converter
- ☐ Laptop or Tablet with chargers (don't forget to back-up first!)
- ☐ Camera / Batteries / Memory Card
- ☐ Ebook reader
- ☐ Battery Pack
- ☐ Selfie Stick / Tripod
- ☐ Journal / Notepad
- ☐ Travel Lock (good for hostels or overnight trains)
- ☐ Tote Bag for future purchases
- ☐ Eye Mask / Earplugs for the light sleepers
- ☐ Portable speaker

LAUNDRY TIPS

The best way to travel light is to get used to wearing the same clothes and do laundry along the way.

Hotel Laundry Room: Some cheaper hotels have coin-operated washers and dryers. This is the most convenient and best option when available. Be sure room is locked with guest access only before you leave your things unattended.

Laundry Service: In cheaper countries, hotels can often hook you up with an affordable laundry service. You pay per pound or per bag and drop off/pick up at lobby.

DIY in Room: There's nothing wrong with washing your socks, underwear or more in your room sink with soap and hanging to dry. It's free!

Local Laundromat: Not a bad place to sit and catch-up on emails.

Hotel Dry Cleaning: So expensive, and per item. Avoid unless it's an emergency.



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Current Hometown

Toronto, Canada

Favourite Places

Paris, Iceland, Morocco, Mexico

Stay Connected



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About Me

I'm a curious woman who likes to wander — 27 countries so far and counting, plus most of my home country of Canada.

I started the travel blog LiisaWanders in 2020 to share the lessons I've learned as a solo female travelling the world.

My goal is to inspire your next adventure!

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