**The ultimate packing list**

**By the ultimate travel blog** [**Next Level of Travel**](https://www.nextleveloftravel.com/)

What to pack for a week of international travel.

**The essentials**

* passport and ID card if you have one
* travel insurance
* insurance card
* driver's license (plus international one if needed)
* offline map of the country (downloaded on your cell phone)
* cash
* credit and debit cards
* covid app or documents
* phone + charger + power bank
* travel adapter

**Don't travel naked**

* 3-4 casual outfits
* 2 dressy outfits
* 2 sporty outfits
* long-sleeved shirt
* light sweater or sweatshirt
* light jacket
* scarf or sari
* rain jacket if needed
* underwear, bras
* socks
* flip-flops or sandals
* sneakers
* pajamas or sleep shirt
* backpack that doubles as your carry-on

**Your personal drugstore**

* first aid kit (details above)
* prescription medicines, including birth control
* personal toiletries (deodorant, face creams)
* toothbrush
* lip balm
* razor and shaving cream
* bug repellent if needed
* contact lenses kit
* menstruation items
* tweezers, nail clippers
* hairbrush or comb
* hair ties
* wet wipes
* sunscreen
* tissues
* makeup

**Bits and bobs**

* pen
* umbrella
* sunglasses
* Glasses, contact lenses