

The ultimate packing list

By the ultimate travel blog [Next Level of Travel](#)

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