

# Ultimate Packing List

Helping *You* Pack for your Best Vacation Yet!



Put my experience to work  
for your best vacation yet!

# About Brenda

## Explore with Brenda Rowe

Travel Agent & Vacation Specialist



Hi, let me introduce myself...

I'm Brenda Rowe, an experienced traveler and travel agent.

A 2-day trip to Oregon in 2007 really started it all! From the largest country (Russia) to the smallest (Vatican City), I've been to 3 continents, 30 countries, 8 Provinces and 2 Territories in Canada, 44 States in the USA, and still counting! Planes, trains, automobiles, cruise ships, ferry boats, subways, cow paths, cobblestone roads - I've done it all.

Using an experienced Travel Agent has never been more important than it is now. I can save you time, money, stress and can troubleshoot on your behalf. And in some cases, I can even get your cost lower or get you extra benefits and perks not available to the public.

Put my experience to work for you to plan your best vacation yet!

*Brenda*

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**BOOK A FREE CONSULTATION:**

calendly.com/brendarowe/chatwithbrenda

**BLOG:**

www.ExploreWithBrendaRowe.ca



# 10 Essential Packing Tips

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Packing is an essential skill everyone needs to master. Forgetting an essential item while on vacation leaves you scrambling to find a store that may carry what you need. And over packing makes for heavy luggage. Here are some great packing tips that you need to know!

1. Use a packing list!
2. Pack light – pack items that can be used in more than one outfit.
3. Roll, don't fold – you will fit more in and less wrinkles!
4. Never check essential items, including jewelry, electronics, passports, credit cards, money, and medications. Keep them in your carry-ons.
5. Use packing cubes – ones that compress will save you room. BUT make sure your luggage doesn't become overweight!
6. Bring enough (I always pack an extra week) of prescription medications. And I also take some over-the-counter products I like, just in case they are hard to find at destination.
7. Pack 2-3 nights of clothes in your carry-on, just in case....
8. Wear comfortable shoes!!! You will probably be walking a lot.
9. Pack heavier items at the bottom of the suitcase.
10. Pack a foldable bag that doesn't take up too much space, to carry those wonderful purchases you made on your trip!



# General Packing List

## Before Leaving

- Stop mail/newspaper or arrange for someone to pick them up
- Register for Canadians Abroad (travel.gc.ca)
- Pay any bills that may become outstanding while you're gone
- Set up your out-of-office email response at work
- Lock up home, doors, windows. Shut off water/appliances as needed
- Enable alarm system, set up light timers

## Clothing

- Casual Shirts/T-Shirts
- Casual Pants/Shorts
- Dress Shirts/Dress Pants
- Pajamas/Robe/Slippers
- Sweaters
- Underwear/Socks
- Bras/Nylons
- Casual Shoes/Sandals
- Dress Shoes
- Sneakers/Runners
- Belts
- Swimwear
- Suit/Sports Coat
- Ties/Suspenders
- Skirts/Dresses
- Workout Clothes
- Hat

## Miscellaneous

- Sunglasses
- Umbrella
- Travel Locks
- Keys
- Duct Tape
- Journal
- Binoculars
- Extra Foldable Bag
- Flashlight
- Games/Playing Cards

## Extras


## Toiletries

- Toothbrush/Toothpaste
- Dental Floss/Picks
- Mouthwash
- Tweezers/Nail Clippers
- Deodorant
- Brush/Comb
- Gel/Hairspray/Hair Products
- Tissue
- Lotion/Lip Balm
- Razor
- Cosmetics
- Curling Iron/Flat Iron
- Hair Accessories

## Laundry

- Detergent
- Stain Remover
- Fabric Softener/Dryer Sheets
- Expandable Clothesline
- Coins
- Sewing Kit
- Hangers

## Electronics

- Cellphone/Charger
- Camera/Charger/Battery/Cards
- Laptop-Tablet/Charger
- GPS System
- Plug Adaptors/Converters

## Money

- Wallet/Purse
- Debit Card/Credit Cards
- Cash
- Money Belt
- RFID Protectors

## Documentation

- Driver's License
- Birth Certificate (if needed)
- Travel Visas/Passport
- Immunization Records
- Tickets
- Map
- Itinerary
- Travel Guide/Language Guide
- Insurance Documents
- Health Insurance Card
- Loyalty Cards
- Contact List

## Carry On

- Books/Ereader & Charger
- Travel Pillow/Sleeping Mask
- Earplugs
- Jackets/Sweaters/Hoodie
- Headphones
- Glasses/Case/Contacts/Solution
- Snacks
- Hand Sanitizer/Wipes

## Medical/Health

- Prescriptions
- Allergy Medication
- First Aid Kit
- Vitamins
- Sunscreen
- Pain Medication
- Insect Repellent
- Motion Sickness Medication



# Business Trip Packing List

## Before Leaving

- Stop mail/newspaper or arrange for someone to pick them up
- Set up your out-of-office email response at work
- Lock up home, doors, windows.
- Enable alarm system, set up light timers

## Clothing

- Casual Shirts/T-Shirts
- Casual Pants/Shorts
- Dress Shirts/Dress Pants
- Pajamas/Robe/Slippers
- Sweaters
- Underwear/Socks
- Bras/Nylons
- Casual Shoes/Sandals
- Dress Shoes
- Sneakers/Runners
- Belts
- Swimwear
- Suit/Sports Coat
- Ties/Suspenders
- Skirts/Dresses
- Workout Clothes

## Miscellaneous

- Sunglasses
- Umbrella
- Travel Locks
- Keys
- Duct Tape
- Journal
- Alarm Clock
- Extra Foldable Bag

## Toiletries

- Toothbrush/Toothpaste
- Dental Floss/Picks
- Mouthwash
- Tweezers/Nail Clippers
- Deodorant
- Brush/Comb
- Gel/Hairspray/Hair Products
- Tissue
- Lotion/Lip Balm
- Razor
- Cosmetics
- Curling Iron/Flat Iron
- Hair Accessories

## Laundry

- Detergent
- Stain Remover
- Fabric Softener/Dryer Sheets
- Expandable Clothesline
- Coins
- Sewing Kit
- Hangers

## Electronics

- Cellphone/Charger
- Camera/Charger/Battery/Cards
- Plug Adaptors/Converters

## Money

- Wallet/Purse
- Debit Card/Credit Cards
- Cash
- Money Belt
- RFID Protectors

## Documentation

- Driver's License
- Travel Visas/Passport
- Tickets
- Map
- Itinerary
- Travel Guide/Language Guide
- Insurance Documents
- Health Insurance Card
- Loyalty Cards
- Contact List

## Carry On

- Books/Ereader & Charger
- Travel Pillow/Sleeping Mask
- Earplugs
- Jackets/Sweaters/Hoodie
- Headphones
- Glasses/Case/Contacts/Solution
- Snacks
- Hand Sanitizer/Wipes

## Medical/Health

- Prescriptions
- Allergy Medication
- First Aid Kit
- Vitamins
- Pain Medication

## Briefcase

- Laptop-Tablet/Charger
- Business Cards
- Company Documents
- Flash Drives
- Pens/Notepads
- Meeting Agenda

## Extras




# Family Vacation Packing List

## Before Leaving

- Stop mail/newspaper or arrange for someone to pick them up
- Set up your out-of-office email response at work
- Lock up home, doors, windows.
- Enable alarm system, set up light timers

## Clothing

- Casual Shirts/T-Shirts
- Casual Pants/Shorts
- Dress Shirts/Dress Pants
- Pajamas/Robe/Slippers
- Sweaters
- Underwear/Socks
- Bras/Nylons
- Casual Shoes/Sandals
- Dress Shoes
- Sneakers/Runners
- Belts
- Swimwear
- Suit/Sports Coat
- Ties/Suspenders
- Skirts/Dresses
- Workout Clothes

## Miscellaneous

- Sunglasses
- Umbrella
- Travel Locks
- Keys
- Duct Tape
- Journal
- Alarm Clock
- Extra Foldable Bag
- Travel Pillow

## Extras


## Toiletries

- Toothbrush/Toothpaste
- Dental Floss/Picks
- Mouthwash
- Tweezers/Nail Clippers
- Deodorant
- Brush/Comb
- Gel/Hairspray/Hair Products
- Tissue
- Lotion/Lip Balm
- Razor
- Cosmetics
- Curling Iron/Flat Iron
- Hair Accessories

## Laundry

- Detergent
- Stain Remover
- Fabric Softener/Dryer Sheets
- Expandable Clothesline
- Coins
- Sewing Kit
- Hangers

## Medical/Health

- Prescriptions
- Allergy Medication
- First Aid Kit
- Vitamins
- Pain Medication

## Money

- Wallet/Purse
- Debit Card/Credit Cards
- Cash
- Money Belt
- RFID Protectors

## Documentation

- Driver's License
- Travel Visas/Passport
- Tickets
- Map
- Itinerary
- Travel Guide/Language Guide
- Insurance Documents
- Health Insurance Card
- Loyalty Cards
- Contact List

## Carry On

- Books/Ereader & Charger
- Travel Pillow/Sleeping Mask
- Earplugs
- Jackets/Sweaters/Hoodie
- Headphones
- Glasses/Case/Contacts/Solution
- Snacks
- Hand Sanitizer/Wipes

## Children Items

- Baby Carrier/Stroller/Car Seat
- Diapers/Wipes
- Diaper Cream
- Bottles/Formula/Sippy Cup
- Pacifiers
- Bibs/Burp Cloths
- Toys/Books/Games

## Electronics

- Cellphone/Charger
- Camera/Charger/Battery/Cards
- Plug Adaptors/Converters



# Backpacking / Camping Packing List

## Essentials

- Pocketknife
- First-Aid Kit
- Water Bottle or Canteen
- Flashlight w/Extra Batteries
- Waterproof Matches
- Candle
- Map & Compass
- 50' Nylon Rope or Cord
- Pencil & Paper
- Sunscreen & Sunglasses
- Plastic Bags
- Emergency Blanket
- Whistle
- Duct Tape
- Cooler
- Backpack
- Hammer/Mallet
- Compass

## Miscellaneous

- Snacks/Trail Food
- Insect Repellent
- Repair Kit
- Watch
- Emergency Coins
- Dish soap
- Moleskin
- Bandannas
- Aluminum Foil
- Storage Baggies

## Clothing

- Hiking boots (worn in, not new)
- Shirts, Pants, Shorts
- Socks, Underwear, + Extras
- Sweater or Jacket
- Parka or Coat
- Rain Gear
- Hat
- Pyjamas
- Sweaters
- Swimwear

## Sleeping Gear

- Tent & Stakes
- Ground Cloth/Tarps
- Sleeping Bag/Pillow
- Sleeping Pad
- Hand Warmers

## Optional

- Hiking Stick
- Camera
- Flip Flops/Water Shoes
- GPS
- Storage Tubs
- Air Mattress/Pump
- Clothesline/Clothes Pins
- Glow Sticks
- Scissors
- Work Gloves
- Binoculars
- Folding Chair
- Bicycles
- Books/Magazines
- Cards/Games/Toys
- Frisbee/Football
- Fishing Pole/Gear/Bait
- Kayak/Canoe/Life Jacket

## Electronics

- Cellphone/Charger
- Camera/Charger/Battery/Cards
- Plug Adaptors/Converters

## Cleanup Kit

- Biodegradable Soap
- Toothbrush & Toothpaste
- Small Towel
- Wash Rag
- Toilet Paper/Napkins
- Hand Sanitizer
- Wash Tub
- Garbage Bags
- Small Broom/Dustpan

## Cooking Gear

- Food
- Stove & Fuel
- Cook kit (pot,pan,etc)
- Cooking/Eating Utensils
- Cup, Bowl. Plate
- Fresh Water

## Toiletries

- Toothbrush/Toothpaste
- Dental Floss/Picks
- Mouthwash
- Tweezers/Nail Clippers
- Deodorant
- Brush/Comb
- Lotion/Lip Balm

## Medical/Health

- Prescriptions
- Allergy Medication
- First Aid Kit
- Vitamins
- Pain Medication

## Money

- Wallet/Purse
- Debit Card/Credit Cards
- Cash

## Extras




# Amusement Park / Beach Packing List

## Essentials

- Backpack
- Rain Ponchos/Umbrella
- Hat
- Sunscreen
- Sunglasses
- Light Jacket/Hoodie
- Travel Locks
- Lip Balm
- Water Bottle (Metal/Plastic)
- Theme Park Tickets/Arm Bands
- Park Map
- Swimwear/Towel

## Money

- Wallet/Purse
- Debit Card/Credit Cards
- Cash
- Money Belt
- RFID Protectors

## Medical/Health

- Prescriptions
- Allergy Medication
- First Aid Kit
- Vitamins
- Pain Medication
- Motion Sickness Meds

## Children Items

- Baby Carrier/Stroller/Car Seat
- Diapers/Wipes
- Diaper Cream
- Bottles/Formula/Sippy Cup
- Pacifiers
- Bibs/Burp Cloths
- Toys/Books/Games

## Electronics

- Cellphone/Charger
- Camera/Charger/Battery/Cards
- Plug Adaptors/Converters

## Optional

- Hand-Held Fan
- Snacks
- Pre-Packed Lunch
- Mini-Cooler
- Lanyard
- Autograph Book/Sharpie
- Glow Sticks
- Pennies/Quarters
- Hair Accessories
- Brush/Comb
- Water Shoes/Flip Flops

## Extras








## *Planning the Rest of Your Vacation*

Is your mind swirling with the possibilities for your next vacation?

Choosing your next perfect vacation can be hard. *But it doesn't have to be!*

I'd love to give you a complimentary *Love to Explore* vacation planning session. We'll spend about 20 minutes on the phone talking about your travel dreams and budget. I'll share with you tips and ideas and explain how the process works to book through me. You'll leave our call inspired and excited about possibilities!

If you're ready to plan your next great adventure, I'd love to help you get there!

Book your FREE *Love to Explore* Vacation Planning Session:

- Contact me by e-mail at [ExplorewithBrendaRowe@gmail.com](mailto:ExplorewithBrendaRowe@gmail.com)

**or**

- Book a date/time online at [www.calendly.com/brendarowe/chatwithbrenda](http://www.calendly.com/brendarowe/chatwithbrenda)





*Put my experience to work  
for your best vacation yet!*

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