Packing Guidance

A practical packing framework built around your destination, weather, activities, transportation, and baggage allowances.

How to use this guide Complete the trip profile first, then work through the packing pages. Check supplier baggage rules before you pack, and use the final page as your last bag check before departure.

Trip & Packing Profile

Traveler(s) _____

Destination(s) _____

Departure date _____

Return date _____

Number of nights _____

Primary transportation _____

What Will Shape Your Packing?

- ☐ Weather: expected highs/lows, rain, humidity, wind, snow, or large temperature swings.
- ☐ Activities: sightseeing, formal dinners, hiking, swimming, theater, cruises, rail travel, tours, or special events.
- ☐ Transportation: flights, trains, motorcoaches, ships, rental cars, transfers, and how often you will handle your own luggage.
- ☐ Accommodation: laundry access, dress expectations, storage space, toiletries provided, or unusual room arrangements.
- ☐ Baggage rules: checked-bag, carry-on, and personal-item size/weight limits for every operating supplier.

Baggage Allowance Worksheet

Bag Type	Qty. Allowed	Size Limit	Weight Limit
Checked bag	____	____	____
Carry-on	____	____	____
Personal item	____	____	____
Other / special item	____	____	____

Before you pack Baggage allowances and prohibited-item rules vary by airline, cruise line, rail provider, tour operator, fare class, route, and destination. Confirm current rules with the operating supplier.

Build the Core Wardrobe

Pack around complete outfits and repeatable layers instead of filling the suitcase with unrelated pieces.

Clothing

- ☐ Underwear and socks for the trip, plus a small buffer for delays or changes.
- ☐ Tops that can be mixed with more than one bottom.
- ☐ Bottoms appropriate for the destination, activities, and expected weather.
- ☐ Sleepwear and comfortable clothing for downtime.
- ☐ Light layer such as a sweater, cardigan, fleece, or overshirt.
- ☐ Weather layer such as rain jacket, insulated coat, sun layer, or wind protection when appropriate.
- ☐ One outfit suitable for the nicest planned dinner, event, venue, or dress requirement.
- ☐ Swimwear, cover-up, or resort wear if the itinerary calls for it.
- ☐ Activity-specific clothing for hiking, golf, exercise, excursions, performances, worship sites, or other planned experiences.

Shoes

- ☐ Comfortable walking shoes already broken in before the trip.
- ☐ Second pair appropriate for dinners, events, weather, or planned activities.
- ☐ Sandals, water shoes, hiking footwear, or other specialty footwear only when the itinerary justifies the space.
- ☐ Socks, insoles, blister care, or other foot-comfort items needed for long walking days.

Outfit Planner

Day	Primary Activity / Weather	Planned Outfit
1	_____	_____
2	_____	_____
3	_____	_____
4	_____	_____
5	_____	_____
6	_____	_____
7	_____	_____

For trips longer than seven days, repeat versatile pieces, use laundry when practical, or continue the plan in the notes section.

Carry-On & Personal Item

Pack anything essential, valuable, difficult to replace, or needed during the travel day where you can reach it.

Travel Documents & Money

- [ ] Passport and/or acceptable travel identification.
- [ ] Boarding passes, tickets, vouchers, itinerary, and reservation information in print or digitally.
- [ ] Visas, travel authorizations, entry forms, or other required documents when applicable.
- [ ] Travel insurance and emergency-assistance information if coverage was purchased.
- [ ] Wallet, payment cards, appropriate cash, and a backup payment method stored separately.
- [ ] Printed emergency contacts and A to Z Travel Center contact information.

Medications & Health Essentials

- [ ] Prescription medications in properly labeled containers and enough supply for the trip plus a reasonable delay buffer.
- [ ] Critical over-the-counter medications and medical supplies you routinely depend on.
- [ ] Glasses, contact lenses, hearing-aid supplies, or other essential personal devices.
- [ ] Mobility, medical, refrigeration, or accessibility items required during transit.
- [ ] Supporting documentation for medications or medical equipment when required.

Electronics & Comfort

- [ ] Mobile phone and charging cable.
- [ ] Portable power bank packed in accordance with current supplier and security rules.
- [ ] Headphones, e-reader, tablet, camera, or other travel electronics you will actually use.
- [ ] Travel adapter or converter when required by the destination and device.
- [ ] A light layer, basic change of clothing, and a few personal-care essentials in case checked luggage is delayed.
- [ ] Snacks, empty reusable water bottle, reading material, and other travel-day comfort items as appropriate.

Do not check the irreplaceable

Keep passports, identification, critical medication, valuables, keys, essential medical supplies, and items you cannot reasonably replace out of checked baggage whenever possible.

Personal Items & Trip-Specific Add-Ons

Use this page to catch the small things that are easy to forget - and skip the things your itinerary does not require.

Toiletries & Personal Care

- ☐ Toothbrush, toothpaste, floss, deodorant, and daily grooming items.
- ☐ Skin care, sunscreen, lip balm, insect repellent, or destination-specific protection.
- ☐ Hair care, shaving items, cosmetics, and personal-care products actually used at home.
- ☐ Small first-aid basics such as bandages, blister care, pain reliever, and other familiar essentials.
- ☐ Liquids and gels packed to comply with current security and supplier requirements.

Useful Accessories

- ☐ Sunglasses, hat, umbrella, scarf, gloves, or other weather accessories as needed.
- ☐ Day bag, small backpack, crossbody, or secure personal bag appropriate for sightseeing.
- ☐ Laundry bag, packing cubes, compression bags, or organizers if they genuinely make packing easier.
- ☐ Reusable water bottle, travel-size stain remover, small sewing kit, or other practical convenience items.
- ☐ Luggage identification on every bag; remove obsolete airline or cruise tags.

Trip-Specific Add-Ons

Trip Type	Consider Packing
International	Adapter/converter, destination documents, currency plan, translation needs
Cruise	Embarkation documents, small embarkation-day bag, formal/theme attire if applicable
Rail	Compact luggage, easy-access day bag, snacks/comfort items, station-ready layers
Resort / Beach	Swimwear, cover-up, sun protection, sandals, water-friendly bag
Cold Weather	Insulating layers, waterproof outerwear, gloves, hat, warm socks, suitable footwear
Active / Outdoor	Technical clothing, appropriate footwear, hydration, sun/rain protection, activity gear
Special Event	Required attire, shoes, accessories, tickets/invitations, garment protection

Pack for your actual itinerary

Do not bring specialty gear or extra outfits simply because they might be useful. If an item does not solve a likely need on this specific trip, reconsider the space and weight it uses.

Final Bag Check

Run this page the night before departure, then leave space for the few items you still need the next morning.

Before You Close the Suitcase

- ☐ Check the forecast one more time and make any last weather-related adjustments.
- ☐ Confirm each packed item matches a planned activity, expected condition, or genuine personal need.
- ☐ Remove unnecessary duplicates and "just in case" items that add weight without solving a realistic problem.
- ☐ Verify checked-bag and carry-on dimensions and weight against the operating supplier rules.
- ☐ Confirm valuables, identification, critical medications, keys, and irreplaceable items are not in checked baggage.
- ☐ Make sure liquids, batteries, prohibited items, and security-sensitive items are packed appropriately.
- ☐ Confirm every bag has current identification and old transportation tags have been removed.
- ☐ Leave enough room for anything you expect to bring home.

Morning-of Items

Item to Add	Packed
_____	☐
_____	☐
_____	☐
_____	☐
_____	☐
_____	☐

Notes / Items to Buy

Need help with a trip-specific question?

Contact A to Z Travel Center at 440-888-6666. We can help you identify the right supplier information or clarify what applies to your itinerary.