

# The Middle East PACKING LIST

## TOPS

- 1 Short Sleeve Elevated Tee
- 1 Cami or Tank
- 1 Light Button Down Blouse
- 1 Light Solid Blouse
- 1 Lightweight Printed Blouse
- 1 Lightweight Jacket
- 1 Lightweight Sweater
- 1 Set of Pajamas (Shorts)
- 1 Swimsuit

## BOTTOMS & DRESSES

- 1 Pair of Jeans
- 3 Dresses (Midi or Maxi Length)
- 1 Pair of Shorts (Denim or Cotton)
- 1 Midi or Maxi Skirt
- 1 Pair of Lightweight Pants

## SHOES

- 1 Pair Neutral Sneakers
- 1 Pair of Neutral Sandals
- 1 Pair of Dressy Wedges

## DRESSING TIPS

- Loose-fitting, breathable clothes
- Tops should cover your shoulders and not be too revealing in the chest area
- Skirts and dresses should cover the knee but the longer, midi, ankle, or full length is best (Avoid short skirts and shorts)
- Avoid wearing tight-fitting or ripped pants, jeans, trousers
- Avoid wearing anything too sheer
- Shawls, cardigans, and scarves are great accessories to have on hand just in case!

## ACCESSORIES

- 1 Versatile Crossbody Bag
- 1 Everyday Necklace
- 1 Everyday Bracelet
- 1 Pair Everyday Earrings
- 1 Reversible Belt
- 1 Lightweight Scarf
- 2 Pairs of Sunglasses (Sporty + Glam)
- 1 Packable Hat

## UNDERGARMENTS

- 1 Nude & 1 Black Bra or Bralette
- 1 Strapless Bra or Nipples
- 2 Pairs of Crew, 1 Pair No Show Socks
- 2 Pairs No Show Panties
- 5 Nude & 5 Black Panties

## TOILETRIES & FIRST AID

- Travel-Size Skincare & Makeup
- Small Hand Sanitizer
- Mineral Sunscreen
- Band-Aids, Neosporin
- Immodium & Pain Reliever
- Hair brush & Round brush
- Toothbrush & Toothpaste
- Solid or Gel Deodorant (No Liquid)
- Dry Shampoo (Powder Form)
- Small Hand Cream

## TECH & OTHERS

- Phone Charger, Backup Battery
- Travel Plug Adapter
- Downloaded Books & Shows
- Noise Cancelling Headphones
- Ear Plugs or Sleep headphones
- Sleep Mask