

# *Italy* PACKING LIST

*10 Days / Summer / Carry-On Bag*

## **TOPS**

- 2 Neutral Tanks
- 2 Casual Tops/Tees
- 1 Printed Top
- 1 Dressy Top
- 1 Neutral Lightweight Sweater

## **BOTTOMS, DRESSES & SWIM**

- 2 pairs of shorts (1 casual, 1 dressy)
- 3 pairs of pants (trousers, jeans, pants)
- 1 Midi Skirt
- 2 Neutral Dresses (casual & dressy)
- 1 Jumpsuit or Romper
- 1 Coverup
- 1 Sun Hat
- 2 Swimsuits
- 1 Workout Set

## **OUTERWEAR**

- 1 Neutral Jacket

## **SHOES & ACCESSORIES**

- 1 pair of slip-on sandals
- 2 pairs of sneakers
- 1 pair of heeled sandals
- 2 pairs of sunglasses
- 1 Neutral Belt
- 1 Neutral Handbag
- Minimal Jewelry

## **UNDERGARMENTS**

- 1 Racerback Bralette
- 1 Convertible Bra
- 1 set of nipples
- Beige Underwear
- Socks
- 1 set of pajamas

## **SKINCARE & MAKEUP & TOILETRIES**

**The following should all be mini or travel-sized:**

- Primer & Foundation & Concealer
- Contour & Highlighter Stick
- Blush
- Neutral Eyeshadow Palette
- Eyeliner & Mascara
- Powder & Setting Spray
- Lipstick
- Minimal Makeup Brushes
- Eyelash Curler
- Perfume
- Cleansing Balm & Travel-Sized Skincare
- Sunscreen
- Toothpaste
- Deodorant
- Razor
- Travel-Sized Hair Brush

## **TECH & OTHER**

- Travel Camera & Tripod
- Backup Batteries
- iFly Adaptor
- Headphones
- Purifying Water Bottle
- SleepPhones
- International Adapter
- Eye Mask
- Hand Sanitizer & Wipes

# *Italy* PACKING LIST

*10 Days / Summer / Checked Bag*

## **TOPS**

- 2 White Tanks
- 1 Neutral Camisole
- 1 Neutral Knit Tank
- 1 White Vest
- 2 Casual Black Tops
- 1 Dressy Black Top
- 1 Black Vest
- 1 Printed Top
- 1 Neutral Lightweight Sweater

## **BOTTOMS, DRESSES & SWIM**

- 2 pairs of shorts (1 casual, 1 dressy)
- 4 pairs of pants (trousers, jeans, pants)
- 1 Midi Skirt
- 4 White Dresses (casual & dressy)
- 6 Printed Dresses (casual & dressy)
- 2 Solid-Colored Dresses
- 2 Black Dresses (or romper)
- 2 Neutral Coverup Pants
- 1 Coverup Shorts
- 1 Printed Coverup
- 3 Sun Hats
- 4 Swimsuits
- 1 Workout Set

## **OUTERWEAR**

- 1 Neutral Jacket
- 1 Neutral Blazer

## **SHOES & ACCESSORIES**

- 1 pair of slip-on sandals (flat)
- 1 pair of dressy sandals (flat)
- 2 pairs of sneakers (1 casual, 1 dressy)
- 2 pairs of heeled sandals
- 1 pair of ballet flats
- 6 Sunglasses (mix of sporty & glam)
- 2 Belts
- 4 Neutral Handbags
- 2 Necklaces
- 1 Bracelet
- 2 Earrings

## **UNDERGARMENTS**

- 2 Racerback Bralettes (black & white)
- 2 Beige Bras (regular & strapless)
- 1 set of nippies
- Beige Underwear
- Beige Slip w/ shapewear
- White Crew Socks
- 1 set of pajamas

## **SKINCARE, MAKEUP & TOILETRIES**

The following should all be mini or travel-sized:

- Primer & Foundation & Concealer
- Contour & Highlighter Stick
- Neutral Eyeshadow Palette
- Eyeliner & Mascara
- Blush
- Powder & Setting Spray
- Lipstick
- Makeup Brushes & Beauty Blender
- Eyelash Curler
- Perfume
- Cleansing Balm & Travel-Sized Skincare
- Sunscreen
- Toothpaste
- Deodorant
- Razor
- Round & Regular Hair Brushes
- Curling Wand
- Hand Sanitizer & Wipes

## **TECH & OTHER**

- Travel Camera & Tripod
- Backup Batteries
- iFly Adaptor
- Headphones
- Purifying Water Bottle
- SleepPhones
- International Adapter
- Eye Mask

# *Africa* PACKING LIST

*2 Weeks / Dry Season*

## **TOPS**

- 4 short sleeves T-shirts (1 white, 1 tan, 1 green, 1 extra)
- 1 long-sleeve tee
- 1 white button-down / coverup
- 1 white blouse
- 1 extra cute cotton blouse or tee

## **BOTTOMS, DRESSES & SWIM**

- 2 pairs of pants (1 pair of jeans)
- 2 pairs of shorts (green, tan or denim)
- 2 sundresses (1 long, 1 short)
- 1 romper
- 2 swimsuits

## **OUTERWEAR**

- 1 lightweight jacket
- 1 vest

## **SHOES & ACCESSORIES**

- 1 pair of slip-on sandals
- 1 pair of safari boots or sneakers
- 1 pair of chic sneakers
- 2 Hats (baseball + other style)
- Scarf (silky or lightweight)
- 1 brown belt
- 2 pairs of sunglasses
- Sling / belt bag or crossbody bag
- Minimal jewelry

## **UNDERGARMENTS**

- 4 pairs of socks
- 5 pairs of underwear
- 3 bralettes (white)
- 1 set of nippies

Most camps do laundry for you daily (for free) so you only need minimal socks and undies

## **SKINCARE & MAKEUP**

The following should all be mini or travel-sized:

- Moisturizer
- Face wash
- 2 Serums (day & night)
- Face oil
- Sunscreen
- Primer
- Foundation
- Concealer
- Contour stick
- Highlighter
- Eyeshadow palette
- Mascara
- Eyelash curler
- Setting powder
- Setting spray
- Minimal makeup brushes

## **TOILETRIES & FIRST AID**

- Round brush & travel-size hairbrush
- Hair ties
- Hair band (for washing face or to wear)
- Powder dry shampoo
- Bug repellent lotion
- Imodium
- Cortizone cream
- Band-aids
- Neosporin
- Advil

## **TECH & OTHER**

- Camera
- Camera bag
- Binoculars
- Tripod

# *Europe* PACKING LIST

## *2 Weeks*

### **CLOTHES**

- 1 Black or White Long Sleeve Tee
- 1 Black or White Short Sleeve Tee
- 1 Pair of Black Leggings or Jeans
- 1 Neutral Blazer
- 1 Lightweight Sweater or Cardigan
- 1 Neutral Cashmere Sweater
- 1 Black Dress
- 1 Neutral Trench Coat
- 1 Day Dress (Black, Color or Print)
- 1 Maxi Dress (Black, Color or Print)
- 4 Tops (Mix of Solid, Print, Long & Short Sleeve)
- 2 Pairs of Jeans (1 Casual, 1 Dressier)
- 1 Pair of Chic Pants
- 1 Pair of Pajamas
- 1 Swimsuit & Cover-up

### **SHOES & ACCESSORIES**

- 1 Pair of Neutral Sneakers
- 1 Pair of Flats (Loafers, Mules, Ballet, or Slingbacks)
- 1 Pair of Sandals (Mules, Wedges, or Slingbacks)
- 1 Pair of Neutral Casual Booties
- 1 Pair of Neutral Dressy Booties (or heels)
- 1 Warm Scarf (Cashmere or blend)
- 1 Silky Scarf
- Impactful\* Necklace, Earrings, Bracelet
- 1 Reversible Belt
- 1 Neutral, Versatile Crossbody Bag
- 1 Chic Tote or Backpack
- 1 Travel-Size Umbrella
- \*Impactful - statement, but versatile

### **UNDERGARMENTS**

- 1 Nude & 1 Black Bra or Bralette
- 1 Strapless Bra or Nipples
- No Show Socks
- Short Crew Socks
- No Show Panties
- Nude & Black Panties
- 1 Pair of Tights

### **PACKING TIPS**

- Pick a color story so everything works together
- Limit shoes and accessories (wear your chunkiest shoes on the plane)
- Travel in layers (wear your bulkiest outerwear on the plane)
- Pack travel-size toiletries
- Packing cubes are a must!

### **TOILETRIES & FIRST AID**

- Travel-Size Skincare
- Travel-Size Makeup
- Minimal Makeup Brushes
- Hair Brush & Round Brush
- Deodorant (Gel or solid)
- Dry Shampoo (Powder)
- Small Hand Sanitizer & Wipes
- Sunscreen
- Band-Aids, Blister Patches, Neosporin
- Immodium, Pain Reliever

### **TECH & OTHERS**

- Portable Charger
- Camera, Camera Charger & SD Cards
- Download Shows, Books & Magazines
- Noise Cancelling Headphones
- International Power Adapter
- Ear Plugs & Sleep Mask
- Copies of Passport

# *Paris* PACKING LIST

*4 Days in the City*

## **TOPS**

- 1 White or Black Short Sleeve Tee
- 1 White or Black Long Sleeve Tee
- 1 White or Black Cami or Tank
- 1 Button-Down Shirt
- 4 Solid or Printed Tops
- 1 Lightweight Neutral Sweater
- Lightweight Blazer
- Neutral Trench Coat

## **BOTTOMS & DRESSES**

- 1 Skirt (silhouette to flatter your body)
- 1 Solid or Printed Dress (black is most versatile)
- 1 Pair of Neutral Colored Pants
- 2 Pairs of Jeans (1 casual, 1 dressier)

## **ACCESSORIES**

- 1 Pair of Chic Sneakers
  - 1 Pair of Dressy Sandals (Mules, Wedges, or Slingbacks)
  - 1 Pair of Comfy, Neutral Booties
  - 1 Neutral, Versatile Crossbody Bag
  - Impactful\* Necklace, Bracelet & Earrings (either mixed metal or gold)
  - 2 Cocktail Rings
  - 1 Reversible Belt
  - 1 Lightweight Scarf (Cashmere is warm, but light)
  - 1 Black & 1 Brown Sunglasses (1 sporty)
  - Flats (Ballet, Loafers, etc. - ONLY if you have space!)
- \*Impactful - statement, but versatile

## **UNDERGARMENTS**

- 1 Nude & 1 Black Bra or Bralette
- 4 Crew or Low Socks
- No Show Panties
- 2 Nude & 2 Black Panties

## **ADDITIONAL PACKING TIPS**

- Pick a color story so everything works together seamlessly
- 3 Pairs of shoes (wear your biggest/heaviest shoes on the plane)
- Travel in layers (wear your bulkiest outerwear on the plane)
- Pack travel-size makeup and toiletries, powder or gel (vs. liquid) when possible
- Packing cubes are a must!

## **TOILETRIES & FIRST AID**

- Travel-Size Skincare
- Travel-Size Makeup
- Minimal makeup brushes
- Hair Brush & Round Brush
- Deodorant (Gel or solid)
- Dry Shampoo (Powder)
- Small Hand Sanitizer, Wipes
- Mineral Sunscreen
- Band-Aids, Blister Patches, Neosporin
- Immodium, Pain Reliever

## **TECH & OTHERS**

- Phone & Portable Chargers
- Downloaded Shows or Books
- Noise Cancelling Headphones
- Ear Plugs
- Sleep Mask

# *Beach* PACKING LIST

## **CLOTHES**

- 2 Tees (1 White)
- 2 Tops/Blouses
- Lightweight Sweater or Jacket
- Day Dress (Black, White, or Color/Print)
- Maxi Dress (Black, White, or Color/Print)
- 1 Pair of Blue Jeans
- 1 Pair of Shorts (Denim or Cotton)
- 1 Skirt (silhouette to flatter your body)
- 1 Pair of Lightweight Pants
- Pajamas
- 1 Activewear Set
- 2 Swimsuits
- Cover-up (bonus if your cover-up doubles as a dress you can wear to lunch/dinner!)

## **ACCESSORIES**

- Woven Bag
- Travel Bag
- Wallet/Clutch
- Pendant Necklace
- Collar Necklace
- Statement Earrings
- Everyday Earrings
- Reversible Belt
- Silky Scarf
- Sunglasses
- Packable Hat

## **SHOES**

- Black or Beige Running Shoes
- Black, Metallic or Nude Flats
- Black, Metallic or Nude Sandals
- Black, Metallic or Nude Wedges
- Beach/Pool Flip Flops

## **UNDERGARMENTS**

- Nude & Black Bra or Bralette
- Strapless Bra or Nipples
- Sports Bra
- Athletic Socks
- No Show Socks
- No Show Panties
- Nude & Black Panties

## **BEACH GEAR**

- Umbrella
- Tent
- Towels
- Chairs
- Games
- Cooler
- Snacks/Drinks
- Waterproof Phone Case
- Wet Bag (for wet towels, clothes, etc.)
- Beach Bag

## **TOILETRIES & FIRST AID**

- Travel-Size Skincare
- Travel-Size Makeup
- Hand Sanitizer
- Lip Balm
- Sunscreen
- Band-Aids
- Neosporin
- Scissors
- Immodium
- Antiseptic Wipes
- Pain Reliever

## **TECH & OTHERS**

- Portable & Regular Charger
- Downloaded Books or Magazines
- Noise Cancelling Headphones
- Ear Plugs
- Sleep Mask
- Water Bottle

# *China & Vietnam* PACKING LIST

*2 Weeks / Spring*

## **TOPS**

- 1 Short Sleeve White Tee
- 1 Long Sleeve White Top
- 1 White Tank
- 2 Short-Sleeve White Tops
- 1 Black Tee/Top
- 1 Printed Top/Blouse
- 2 Lightweight Sweaters

## **BOTTOMS, DRESSES & SWIM**

- 3 pairs of pants (pants, jeans, sweats)
- 2 pairs of shorts (tan, denim)
- 2 sundresses (1 long, 1 short)
- 1 jumpsuit (or extra dress)
- 2 swimsuits

## **OUTERWEAR**

- 1 Rain jacket or trench
- 1 Lightweight puffer
- 1 Neutral-Colored Blazer

## **SHOES & ACCESSORIES**

- 1 pair of slip-on sandals
- 1 pair of sneakers
- 1 pair of wedge sandals
- 1 Hat (baseball or sun hat)
- Scarf (silky or lightweight)
- 1 reversible belt
- 2 pairs of sunglasses
- Sling/belt bag or crossbody bag
- Minimal jewelry

## **UNDERGARMENTS**

- No show socks
- No show panties
- 1 racerback bralette (white)
- 1 set of nippies

## **SKINCARE & MAKEUP**

**The following should all be mini or travel-sized:**

- Moisturizer
- Face wash
- 2 Serums (day & night)
- Face oil
- Sunscreen
- Primer
- Foundation
- Concealer
- Contour stick
- Highlighter/Blush stick
- Eyeshadow palette
- Mascara
- Eyelash curler
- Setting powder
- Setting spray
- Minimal makeup brushes

## **TOILETRIES & FIRST AID**

- Round brush
- Hair brush
- Hair ties
- Hair band (for washing face or to wear)
- Dry shampoo (powder)
- Blister pads
- Band-Aids
- Neosporin

## **TECH & OTHER**

- Camera
- Lens
- Tripod
- Back-Up Batteries (phone, camera)
- iFly Adapter
- Purifying Water Bottle
- Sleep phones
- Eye Mask

# *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



# RIVER RAFTING PACKING LIST

*1 Week / Summer*

## TOPS

- 1 Short Sleeve White Tee
- 1 Long Sleeve White Top
- 1 White Tank
- 2 Short-Sleeve White Tops
- 1 Black Tee/Top
- 1 Printed Top/Blouse
- 2 Lightweight Sweaters

## BOTTOMS, DRESSES & SWIM

- 3 pairs of pants (pants, jeans, sweats)
- 2 pairs of shorts (tan, denim)
- 2 sundresses (1 long, 1 short)
- 1 jumpsuit (or extra dress)
- 2 swimsuits

## OUTERWEAR

- 1 Rain jacket or trench
- 1 Lightweight puffer
- 1 Neutral-Colored Blazer

## SHOES & ACCESSORIES

- 1 pair of slip-on sandals
- 1 pair of sneakers
- 1 pair of wedge sandals
- 1 Hat (baseball or sun hat)
- Scarf (silky or lightweight)
- 1 brown belt
- 2 pairs of sunglasses
- Sling / belt bag or crossbody bag
- Minimal jewelry

## UNDERGARMENTS

- 4 pairs of socks
- 5 pairs of underwear
- 1 racerback bralette (white)
- 1 set of nippies

Most camps do laundry for you daily (for free) so you only need minimal socks and undies

## SKINCARE & MAKEUP

The following should all be mini or travel-sized:

- Moisturizer
- Face wash
- 2 Serums (day & night)
- Face oil
- Sunscreen
- Primer
- Foundation
- Concealer
- Contour stick
- Highlighter/Blush stick
- Eyeshadow palette
- Mascara
- Eyelash curler
- Setting powder
- Setting spray
- Minimal makeup brushes

## TOILETRIES & FIRST AID

- Round brush
- Hair brush
- Hair ties
- Hair band (for washing face or to wear)
- Dry shampoo (powder)
- Blister pads
- Band-Aids
- Neosporin

## TECH & OTHER

- Camera
- Lens
- Tripod
- Back-Up Batteries (phone, camera)
- iFly Adapter
- Purifying Water Bottle
- Sleep phones
- Eye Mask