

# Travel Checklist

a guide to stress-free packing

## CLOTHES:

- Day wear
- Dinner wear
- Sleep & underwear
- Exercise wear
- Outerwear
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## SHOES:

- Relaxed (thongs, slippers)
- Walking
- Dress
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## TOILETRIES:

- Teeth
- Face
- Body
- Hair
- Medicine
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## ELECTRONICS:

- Computer/Tablet
- Earphones
- Camera
- Overseas adaptors
- Chargers (phone, camera, computer)

We enable calm  
and conscious living.



### ACCESSORIES:

- Glasses
- Jewellery
- Belt
- Hat
- Carry bag (for day trips, market ect)
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### ENTERTAINMENT:

- Reading (kindle, book, mag)
- Listening (aux cord, iPod)
- Playing (cards, board games, kids toys)
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### TRAVELING:

- Phone
- Licence / Wallet
- Passport
- Travel mug & utensils
- Eye mask
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### SPECIALTY: (any unique holiday activity)

- Camping
- Picnic
- Hiking
- Surfing
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*with love from*

**HOME**  
**SANCTUARY**<sup>®</sup>

mindful living