

# Pack Light, Travel Well

ROSE & FIG EUROPE PACKING LIST

## Ultra Light Version

### Clothes

#### Outerwear

- Dress Coat or Blanket Cape
- Lightweight Jacket or Blazer
- Hooded Rain Jacket
- Down Vest
- Cardigan or Blazer

#### Tops

- 4-2 Silk Tanks and Camisoles
- 2 Casual Layering Tanks (PJs)
- 2-1 Short-Sleeve Tee
- 1 Long-Sleeve Tee
- 2 Sweaters

#### Bottoms

- 2 Pairs Pants
- 2-1 Pair Leggings or Joggers
- Running Shorts (PJs)
- Skirt or Dress

#### Shoes

- Booties
- Sandals
- Sneakers

#### Bags

- Duffel Bag
- Tote or Small Backpack
- Crossbody Bag or Wristlet

#### Accessories

- Watch
- 2-1 Necklace
- 2-1 Pair Earrings (stud)
- 2-1 Belt (black or brown)
- Panama or Wool Hat
- Blanket Scarf
- Sunglasses
- Prescription Glasses
- Swimsuit
- 2 Bras
- Strapless Bra
- 5-7 4 Pairs Panties
- 6 4 pairs socks (2 thin, 2 thick)

**01** Wear heaviest clothes on flights.

**02** Pack natural fabrics like silk, wool, alpaca, linen, cotton blends, and rayon. They're lightweight, handwash easily and dry quickly, and don't hold onto odor.

### Toiletries

#### Makeup Bag

- Lip Balm
- Blush + Lip Tint Stick
- Highlighter Stick
- Mascara
- Eyeliner
- Browliner
- Concealer
- Hair Brush + Elastics + Pins
- Vitamins + Probiotic Tablets

#### Skincare

- Face Cream
- Facial Spray
- Toner (Witch Hazel)
- Coconut Oil (or Body Lotion)
- Sunscreen Lotion (Non-Aerosol)
- Insect Repellent Balm
- Lavender Essential Oil Spray
- Natural Wet Wipes
- Baby Powder (Talcum Free)
- Deodorant (Weleda Citrus Spray)
- Perfume

#### Shower

- Castile Soap (Dr. Bronner's)
- Japanese Buffing Washcloth
- Toothbrush + Toothpaste
- Shampoo + Conditioner
- Shaving Razor

#### First Aid Kit

- Band-Aids
- Hand Sanitizer
- Antibiotic Cream (Neosporin)
- Tweezers
- Nail File
- Nail Clippers (Instead of Scissors)
- Prescriptions (Original Containers)
- Ibuprofen or Aspirin
- Activated Charcoal Tablets
- Immodium
- Benadryl or NatraBio Allergy
- Zinc + Vitamin C
- BioBand (Nausea)
- Feminine Care
- Cotton Balls + Q-Tips

**03** Castile Soap Uses: Hand soap, face and body wash, shaving cream, laundry and dish detergent, fruit and vegetable wash, toothpaste.

### Essentials

#### Electronics

- Phone + Charger
- Camera + Charger
- Memory Cards + USB Drive
- Camera Remotes + WiFi Adapter
- Tablet, E-Reader, or Laptop
- International Power Converter
- Portable Phone Charge Pack
- Earbud Headphones

#### Paper Goods

- Passport + IDs + Insurance
- Credit Cards
- Cash (US \$1, \$5, \$20 Bills)
- Tickets + Vouchers
- Paper Copies of IDs, Itineraries, Reservations and Confirmation Codes, Tickets, Vouchers, Destination Contact Information, Emergency Phone Numbers, Important Passwords
- Guidebooks

#### In Flight Kit

- Tissues
- Thermos or Reusable Bottle
- Snacks (Nuts, Protein, Etc)
- Magazines (Leave in Recycling)
- Pen, Notebook, Sticky Notes
- Picnic Kit (Utensils, Corkscrew) Spork
- Sleep Mask Merino Buff Scarf
- Ear Plugs (Bring Extras!)
- & Toiletries, Socks, Electronics

#### Miscellaneous

- Moneybelt or Hidden Wallet
- Ziploc 2-Gallon + Quart Bags
- Reusable Grocery Bag Tote
- Thank You Cards (For Hosts)
- Safety Pins
- Hotel Sewing Kit
- Headlamp or Micro Flashlight
- Small Roll of Duct Tape
- Download Travel Apps, Podcasts, Music; Backup Phone; Clear Space for Photos; Photograph Docs and IDs.

**04** Carry only travel-size or sample toiletries, or DIY a travel kit by squeezing product into clean contact lens cases or small apothecary bottles.