

Ultimate Travel Packing List for Women

Safety Essentials

- Photocopies of passport, ID, and insurance (digital + printed)
- Emergency contact card
- Personal safety alarm or whistle
- Portable door lock or doorstop alarm
- Small flashlight or headlamp
- Pepper spray (if legal)
- Mini first-aid kit
- Travel insurance documents
- TSA-approved luggage locks
- Power bank / portable charger
- RFID-blocking wallet
- VPN app installed
- Emergency cash (hidden)
- Local SIM card / eSIM

Money & Documents

- Passport + visa(s)
- ID or driver license
- Credit/debit cards + backup
- Cash in local currency
- Printed reservations
- Travel itinerary
- Vaccination records

Clothing (Functional + Smart)

- 2-3 mix-and-match outfits
- Lightweight jacket
- Dress for evenings
- Walking shoes

Ultimate Travel Packing List for Women

- Sandals or flip-flops
- Undergarments
- Socks (include compression socks)
- Sleepwear
- Swimsuit
- Scarf or shawl
- Hat or cap
- Sunglasses
- Travel umbrella

Toiletries

- Toothbrush + toothpaste
- Hairbrush or comb
- Shampoo + conditioner
- Deodorant
- Razor
- Face wash + moisturizer
- Makeup (minimal)
- Menstrual products
- Sunscreen
- Lip balm with SPF
- Hand sanitizer
- Tissues or wet wipes
- Nail clippers/tweezers
- Medications

Jewelry & Accessories

- Travel jewelry organizer
- Minimal jewelry pieces
- Lightweight belt or crossbody bag
- Foldable tote or day backpack

Ultimate Travel Packing List for Women

Electronics

- Smartphone + charger
- Power bank
- Adapter/converter
- Headphones/earbuds
- Kindle or book
- Laptop/tablet (optional)
- Portable Wi-Fi device (optional)

Extras for Peace of Mind

- Reusable water bottle
- Snacks (nuts, protein bars)
- Eye mask + earplugs
- Travel pillow
- Ziplock bags
- Reusable shopping bag
- Notebook and pen
- Safety app (e.g., Noonlight)
- Offline maps + translation app
- Copy of insurance claim procedure