

The Solo Traveler's Real-World Packing List

Pack light, pack smart, and adapt every item to your destination, season, activities, and health needs.

Documents & money

- ☐ Passport and a copy stored separately
- ☐ Required visa or entry documents
- ☐ Travel insurance details and emergency number
- ☐ Required health or vaccination records
- ☐ Two payment methods stored separately
- ☐ Small arrival cash reserve, if useful
- ☐ Encrypted cloud and offline document backups

Tech & connectivity

- ☐ Phone and charger
- ☐ Destination-compatible travel adapter
- ☐ Airline-compliant power bank in carry-on
- ☐ Laptop and charger, if needed
- ☐ Headphones or earphones
- ☐ Offline maps, bookings, and key addresses

Clothing · one bag, 7–10 days

- ☐ 4–5 mix-and-match tops
- ☐ 2 bottoms suited to planned activities
- ☐ Warm layer and packable rain shell
- ☐ Sleepwear
- ☐ Underwear and socks; plan laundry
- ☐ Broken-in walking shoes
- ☐ Sandals and swimwear, if relevant

Toiletries & health

- ☐ Travel-size personal essentials
- ☐ Prescription medicine in labelled packaging
- ☐ Extra medicine within clinician guidance
- ☐ Small first-aid kit
- ☐ Destination-appropriate sun protection
- ☐ Hand sanitiser or wipes

Smart extras

- ☐ Reusable water bottle
- ☐ Packable day bag
- ☐ Lock suitable for planned accommodation
- ☐ Earplugs and eye mask
- ☐ Laundry bag
- ☐ Emergency contact card

Before leaving

- ☐ Check official entry and transit rules
- ☐ Check airline baggage and battery rules
- ☐ Download bookings and maps offline
- ☐ Set up the Travytour budget tracker
- ☐ Share your itinerary with a trusted contact
- ☐ Recheck weather and local advisories

Your final five: passport · phone · payment · medication · first-night address. Everything else can be adapted.

Planning aid only. Requirements and carrier rules change; verify time-sensitive information with official authorities and your transport provider before travel. Updated August 2026.