



## Hand Luggage Packing Checklist

### Clothes

- Jacket (appropriate for destination)
  - 4x T-shirts/tops
  - 1-2x Hoodie/Cardigan/Pullover
  - 2x Pants (one basic, one comfy for travel/yoga)
  - Sportswear:
    - Sports bra
    - Shorts
    - Yoga pants (can also work as travel pants)
  - Underwear and socks (I leave it to you to decide how many you need lol)
  - Sleeping shorts and top (if needed for example in shared accommodation)
  - 1x Colorful item (dress or unique clothing piece)
  - Shoes:
    - Comfortable sneakers
    - Backup pair (e.g., sandals, loafers)
- 

### Toiletries

- Toothbrush and toothpaste
- Facial lotion
- Small hairbrush (e.g., Tangle Teezer)
- Roll-on deodorant

- Medications (if needed)
  - Travel-sized shampoo and other liquids (max 100 ml – note you can also buy them at destination)
- 

## Travel Documents & Essentials

- Passport
  - Credit card + some cash
  - Phone + charger
  - Adapter (if required)
  - Sunglasses (preferably polarized)
  - Optional:
    - Power bank
    - Notebook and pen
    - Sleeping mask and earplugs
    - Watch
- 

## Photography Gear (if applicable)

- Camera
  - Camera charger
  - SD cards
- 

## Final Tips

- Wear heavier/bulkier clothes on travel day.
- Pack liquids and lotions under 100 ml in a transparent bag.
- Avoid aerosol products (e.g., hairspray) as they can't go to hand luggage in plane

Read all tips at <https://www.yogatravelrepeat.com/travel/how-to-travel-with-only-hand-luggage>