

# The Ultimate Minimalist Packing List for a One-Week Trip

## Clothing

- Tops (4-5 versatile tops)
- Bottoms (2-3 pairs of bottoms)
- Outerwear (1 lightweight jacket or sweater)
- Undergarments and Socks (enough for seven days)
- Footwear (2 pairs of shoes)
- Accessories (scarf or shawl, sun hat or beanie)

## Personal Items

- Laundry Considerations (travel detergent or stain remover)
- Travel-Sized Toiletries (shampoo, conditioner, body wash, moisturizer)
- Essential Personal Care Items (razor, shaving cream, deodorant, medications)
- Makeup and Grooming Products (if applicable)

## Travel Documents

- Passport and ID
- Travel Itinerary
- Wallet and Cash
- Travel Insurance
- Maps and Guidebooks (if needed)
- E-Tickets and Reservations

## Comfort and Safety

- Reusable Water Bottle
- Snacks
- Entertainment (books, playing cards)
- Reusable Shopping Bag
- Travel Pillow and Eye Mask
- Travel Locks and Safety Measures

## Technology

- Smartphone and Charger
- Universal Adapter
- E-Reader or Tablet (optional)
- Headphones or Earbuds

## Things to Leave at Home

- Non-Essentials
- Duplicates
- "Just in Case" Items