

Packing List for Teens

This list is meant to be a comprehensive packing list. Feel free to cross out items that you don't use / need for your travel. To access a digital version that is customizable, please enroll in the Travel Essentials Course and access the Resources Toolkit.

Clothing

- ☐ Pants / Shorts

- ☐ Shirts

- ☐ Socks / Nylons
- ☐ Underwear / Bras / Slips
- ☐ Pajamas
- ☐ Dress Clothes / Formal wear
- ☐ Gym / Workout Clothes
- ☐ Swimsuit / Swimwear

Shoes

- ☐ Gym / Walking Shoes
- ☐ Casual Shoes
- ☐ Dress Shoes
- ☐ Sandals
- ☐ Boots

Personal Items

- ☐ Glasses / Contacts
- ☐ Medications – Prescription and OTC
- ☐ Jewelry – Earrings, Necklaces, Rings
- ☐ Books / Reading Materials
- ☐ Pillow / Pillowcase
- ☐ Beach Towel / Beach Bag
- ☐ Sunglasses / Hats
- ☐ Coats / Jackets / Scarves / Gloves

Electronics / Supplies

- ☐ Cell Phone / Phone Charger
- ☐ Laptop / iPad / Chargers
- ☐ Headphones / Earbuds / AirPods
- ☐ Notebook / Paper / Journal
- ☐ Pens / Pencils
- ☐ Camera / HD Cards
- ☐ Spotify Playlists / Music Downloads

Toiletries

- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Shampoo
- ☐ Conditioner
- ☐ Body Wash
- ☐ Shaving Gel
- ☐ Razor
- ☐ Lotion
- ☐ Deodorant
- ☐ Q-Tips
- ☐ Comb / Brush
- ☐ Blow Dryer
- ☐ Hair Styling Accessories
- ☐ Hair Gel / Hairspray
- ☐ Make-up and Brushes
- ☐ Chapstick / Lip Gloss
- ☐ Face Wash
- ☐ Facial Cream
- ☐ Tweezers
- ☐ Nail Clippers / Nail File
- ☐ Nail Polish / Accessories
- ☐ Tampons / Pads
- ☐ Sunscreen / Sunblock

Miscellaneous

- ☐ Driver's License
- ☐ Passport
- ☐ Wallet / Purse
- ☐ Travel Documents / Itinerary
- ☐ Tickets / Reservations
- ☐ Credit / Debit Cards
- ☐ Gift Cards
- ☐ Portable Steamer

Other Items

- ☐ _____
- ☐ _____
- ☐ _____