

# Packing List for Europe

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carry-on only

The essentials for "carry-on only" trips in late spring, summer and early fall are listed below. Check it out!

When using carry-on only, I suggest:

**one carry-on bag** (Norwegian Air allows 21" x 15.5" x 9", max. 22 pounds)

**one small backpack** (with a cross-body purse inside the backpack for ladies)

To save money, time and my body, I do not like to travel with any big bags. Just think, no baggage fees, no waiting at the baggage claim, no lost bags, no dragging huge suitcases on cobblestones, no need to get help carrying your bags up and down countless flights of stairs in hotels and in train stations! You can even pick your outfit more easily with less options! Each airline has its own measurements as to what exactly a "carry-on" is. Make sure you check before you go. (For Pam's birthday trip, we are on Norwegian and we get a checked bag, however, it's still great to go with a carry-on size for the reasons mentioned and then use your checked baggage allowance on the way home to bring home souvenirs!)

When you are on the plane, you will be able to easily access your backpack as it will be under the seat in front of you. It will be a hassle to get to your carry-on during the flight. In fact, your carry-on could end up being placed in checked baggage if the plane is full. **Make sure you put everything you will need during the flight in your backpack. For me, this includes: my passport, medicines, glasses, contacts, eye drops, reading material, phone, headphones, charging cable, make-up, lotion, money, debit card, snacks, etc.** For most of your trip, keep your passport in your backpack or purse in an area of the bag that isn't easily accessible. Put a photocopy of your passport in your carry-on luggage. Leave a photocopy of all your ID and bank cards at home for your family. This way if you lose your wallet, they can call the numbers on the back of the cards. Also, they will have your passport number in case of an emergency, but there won't be any emergencies!

### **A few things to do before you go:**

- Call the phone number on the back of each credit/debit card you are bringing to create a travel alert.
- Make sure you can locate your passport and that it has more than six months until its expiration date.
- Make copies of your cards and passport to leave at home.
- Research medical travel insurance and possibly purchase.
- Purchase supplementary rental car insurance stateside, if you are renting a car.
- Log into your airline ticket to make sure everything looks right and to enter your passport information and your "known traveller number" if you have TSA Pre-Check or Global Entry or Sentri.

### **Clothing:**

- **Lightweight, hooded waterproof breathable jacket**-- optional, depending on weather, time of year
- **Warmer jacket**-- puffy jackets are great as they can look dressed up or casual, they make good pillows or blankets on trains and planes and they can be compressed
- **Several tops/blouses**
- **Two or three t-shirts** that can be worn alone
- **Two pairs of long pants**, semi-dressy with some stretch is wonderful
- **One pair of shorts** if you are going to beach towns
- **Two sundresses** for women, one can be a little dressy
- **One swimsuit**
- **Large light-weight scarf/sarong** for women-- this can be used as a church cover-up, beach cover-up, beach towel, picnic blanket and more. I tie one to my cross-body bag strap and carry it every day.
- One pair of **walking sandals** women (all shoes should be tested/broken in)
- One pair of single-color (my preference, to not be single out) **athletic/walking shoes**
- One pair of nicer **walking shoes** (loafers, booties, boots, etc.)
- **Six pairs of socks** (hand wash if necessary) (if you wear tiny socks, bring more, if you wear giant, bulky socks, you may need to bring less)
- **Six pairs or so of underwear** (hand wash if necessary, nylon dries faster and packs smaller)

## **Accessories, etc.:**

- **Passport, debit card, credit card with chip, driver's license, photocopy of passport**
- **Sleep mask, earplugs and travel pillow** (all optional)
- **Sunglasses**
- **Travel towel** (optional, a Turkish towel or yoga towel are nice and compact)
- **Electric outlet adapter** for the specific countries you are visiting
- **Chargers** for your electronics
- **Water bottle** (hang on outside of backpack) (collapsible is nice)
- RFID-blocking (optional) **money belt or hidden wallet** for men
- **Reading material or device**
- **Headphones**
- **Personal cosmetics and grooming items** (keep it minimal) (liquids must be in a clear quart-sized bag, each item no larger than 4 oz.)
- **Sunscreen and lip balm**
- "Paper" **laundry soap** or just use shampoo.
- **Feminine products** for women
- **Small medicine baggie**-- Exedrin migraine, ibuprofen, melatonin, Tylenol PM, motion sickness gum (available in Europe), bandaids, mole skin, vitamins, prescriptions, etc.
- Note: **hairdryers, curling irons, straightening irons**, etc., may not or may not work in Europe. They might break (explode). You will need to use the hotel hair dryer (if available), hair spray, maybe a round brush or curlers! I have seen battery operated curling irons. Or you can try bringing yours, but just know it might get ruined. If it has the dual voltage switch, it should work fine.
- **Snacks**
- I like **clear swimming goggles** if I am going swimming anywhere. The water is such a pretty color and it is great to see it from below the surface.
- After you get all of this in your bags, if there is room to roll up a few more clothing items, do it! I find that extra shirts and sundresses (ladies) are the most helpful. I usually end up wearing one pair of pants and one sundress over and over... it's just hard to tell which one that is going to be!