



The 5-10kg Light Packing List for Women.

Welcome to the start of your light packing adventure.

Check out this list for ideas on how to travel light.

How to use this light packing list:

This packing list is an example of what you might take for a 5-10kg bag (that's 11-22lbs). The extra item in the brackets will bring your bag up near the 10kg (22lbs) weight.

If you are going to a business meeting, a wedding, a resort, or going on a cruise then you will want to either add or swap things out. You may need exercise clothing or hiking gear. But all these extra things that you think you can't do without will add up until you have a heavy bag.

Instead try taking an outfit that you can change the look of with a different shirt or top or add a scarf or jewellery. To embrace lighter travel you need to have versatile clothing and a versatile attitude!

Some rules to follow:

- **Pick a light bag** – you'll be amazed at how heavy just the bag/case can be.
- **Mix and match** – choose clothes that go well together so you have lots of different combinations.
- Choose **lightweight clothing (merino/smartwool/silk) and shoes**.
- Take **clothing that has multiple uses** or ways to wear.
- **Quick-drying** clothing is best for hand washing.
- **Reduce the sizes of the toiletry and cosmetic products you take** – don't go without. Just take less of it.

Some notes for the packing list:

(*A) Wear your heaviest or bulkiest shoes/boots on the flight.

(*B) For international travel a letter from your doctor explaining that you are carrying this medication is often a good thing to do.

(*C) Your phone wallet can carry credit cards, ID, and some cash.

(*D) Save copies of important documents on your smartphone and in the cloud, but still carry paper copies – double-sided, and sometimes shrunk in size.

Are you ready for your light packing adventure? Then turn the page...

Your 5-10kg Light Packing List for Women -

<p style="text-align: center;">Flight Clothes</p> <ul style="list-style-type: none"> <input type="checkbox"/> Shoes/boots (*A) <input type="checkbox"/> Comfortable trousers <input type="checkbox"/> Tee shirt/shirt <input type="checkbox"/> Sweater <input type="checkbox"/> Jacket <input type="checkbox"/> Scarf <input type="checkbox"/> Socks and underwear <input type="checkbox"/> Small handbag (ie cross body) 	<p style="text-align: center;">Toilet Bag</p> <ul style="list-style-type: none"> <input type="checkbox"/> Toothbrush /Toothpaste/Floss <input type="checkbox"/> Deodorant <input type="checkbox"/> Shampoo + conditioner/hair products <input type="checkbox"/> Face moisturiser <input type="checkbox"/> Body moisturiser <input type="checkbox"/> Sunscreen <input type="checkbox"/> Lip balm <input type="checkbox"/> Makeup <input type="checkbox"/> Tweezers <input type="checkbox"/> Shaver <input type="checkbox"/> A small, compact travel towel (optional)
<p style="text-align: center;">Clothing</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 (+2) underwear and a bra (+1) <input type="checkbox"/> 1 (+1) pair of socks <input type="checkbox"/> 1 (+1) pair of trousers <input type="checkbox"/> Thermal leggings <input type="checkbox"/> Thermal top – long-sleeved <input type="checkbox"/> 1 (+1) pair of shorts <input type="checkbox"/> 2 (+1) tee shirts <input type="checkbox"/> 2 (+1) long-sleeve shirts <input type="checkbox"/> 1 (+1) dress and/or skirt <input type="checkbox"/> Swimwear <input type="checkbox"/> Rain poncho /rain jacket or umbrella <input type="checkbox"/> For 10kg - add another sweater/cardigan 	<p style="text-align: center;">Medication/First Aid Kit</p> <ul style="list-style-type: none"> <input type="checkbox"/> Your prescribed medication (*B) <input type="checkbox"/> Antiseptic cream <input type="checkbox"/> Antihistamine tablets and cream <input type="checkbox"/> Pain relief <input type="checkbox"/> Antidiarrhea pills <input type="checkbox"/> Anti-vomiting pills <input type="checkbox"/> Bandage <input type="checkbox"/> Plasters/tape <input type="checkbox"/> Small scissors
<p style="text-align: center;">Shoes</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sandals or jandals (thongs/flip-flops) <input type="checkbox"/> 1 (+1) pair of shoes – smart or casual (heels, ballet flats, running shoes or slides). (Remember, you're already wearing a pair.) 	<p style="text-align: center;">Laundry Kit</p> <ul style="list-style-type: none"> <input type="checkbox"/> Laundry soap bar <input type="checkbox"/> Rubber plug <input type="checkbox"/> Washing bag for delicates <input type="checkbox"/> Travel clothesline +/- pegs
<p style="text-align: center;">Electronics</p> <ul style="list-style-type: none"> <input type="checkbox"/> Phone (*C) <input type="checkbox"/> Camera (if not using phone camera) <input type="checkbox"/> Power pack <input type="checkbox"/> Chargers <input type="checkbox"/> International power adapter <input type="checkbox"/> Hairdryer or hair straighteners (both) <input type="checkbox"/> Earphones 	<p style="text-align: center;">Important documents (*D)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Passport <input type="checkbox"/> Insurance papers <input type="checkbox"/> Tickets <input type="checkbox"/> Itinerary/accommodation details <input type="checkbox"/> Drivers licence
<p style="text-align: center;">Other bits and pieces</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pen <input type="checkbox"/> Sunglasses <input type="checkbox"/> Earplugs <input type="checkbox"/> Water bottle <input type="checkbox"/> Hand sanitiser (optional) 	<p style="text-align: center;">Your notes or extras list</p> <hr/> <hr/> <hr/> <hr/> <hr/>