Pack Light, Travel Smart

Your Minimalist Packing List for Budget Backpacking

✓ Pro Tip: Packed for 2-week Peru trip with just a 25L bag, saving \$40 on baggage fees!

Customize it for your adventure. – Guranad, Budget Traveler (20+ countries)



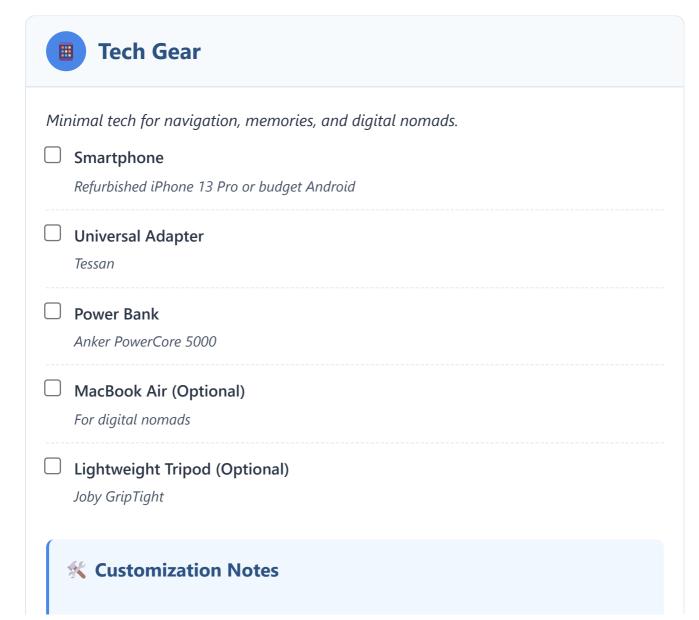
Capsule Wardrobe

Versatile, neutral-colored clothing. Wear bulkiest items during transit. 2 T-Shirts Merino wool (Wool&Prince) or quick-dry (Patagonia Capilene)
1 Button-Down Shirt Linen or chambray (Uniqlo Airism)
1 Pair Pants Lightweight (Uniqlo Airism or Outlier Slim Dungarees)
☐ 1 Pair Shorts/Skirt Patagonia Baggies or H&M midi skirt
1 Dress (Women) Multi-purpose (Athleta tube dress)
1 Lightweight Jacket Uniqlo windbreaker or Arc'teryx Cerium LT for cold
4-5 Underwear Merino wool (Darn Tough) or cotton (Target)
2-3 Socks Merino wool (Darn Tough)

1 Swimsuit Doubles as activewear (Speedo)
1 Pair Sneakers Waterproof (Vessi) or budget (New Balance)
☐ 1 Pair Flip-Flops Havaianas
K Customization Notes
Cold weather? Add thermal base layer (Patagonia Capilene), beanie, gloves. Conservative destination? Add scarf/sarong for shoulders/knees. Trip Length: days Weather:

Toiletries (TSA-Compliant, Eco-Friendly)
Keep minimal and sustainable. Use 100ml containers for liquids. Bamboo Toothbrush
☐ Dental Floss
Solid Deodorant Native
☐ Nail Clipper
Solid Shampoo Bar Lush
☐ 100ml Face Wash GoToobs
☐ 100ml Sunscreen GoToobs

☐ 100ml Toner GoToobs (optional)
Hanging Toiletry Bag Sea to Summit
Reusable Soap Case Matador FlatPak
Customization Notes
Tropical climate? Add extra sunscreen or insect repellent (100ml).
Dry climate? Add lip balm or moisturizer (100ml).
Notes:



Digital nomad? Add laptop stand (Roost) or portable SSD (Samsung T7).
Photography-focused? Add extra memory card or lens cloth.
Notes:

Miscellaneous Essentials
Complete your packing with these versatile items.
☐ Reusable Water Bottle Dopper or Hydro Flask
☐ Eco-Friendly Utensils
Packing Cubes Muji or Peak Design
Compact First-Aid Kit Bandages, antiseptic
Travel Scissors and Carabiner HeroClip
Slim Wallet Slimfold Soft Shell for passport, cards, cash
Customization Notes Adventure travel? Add quick-dry towel (PackTowl) or headlamp (Black Diamond).
Urban travel? Add city map or travel journal. Notes:

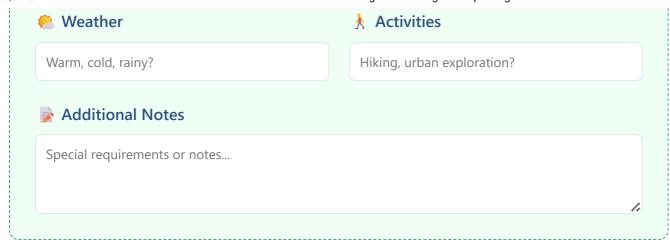
Trip Length

_ days

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Destination

Where are you going?



Packing Pro Tips



Space Saving

Roll clothes instead of folding to maximize space and prevent wrinkles



Bag Test

Test your backpack (20-30L) to ensure it's under 7kg for carry-on compliance



Download PackPoint (free Al app) for a tailored packing list



Organization

Use packing cubes to compartmentalize and organize your gear

Final step: Do a test pack 3 days before departure! 🛪

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