

The “don’t leave home without it anyway” stuff

- Identification, passport, etc.
- Wallet, credit cards, etc.
- Cell phone and charger
- Sunglasses
- Small purse

Apparel

- ___ Professional outfits (+undergarments, jewelry, shoes, etc.)
- ___ Business casual (+undergarments, jewelry, shoes, etc.)
- ___ Casual (+undergarments, jewelry, shoes, etc.)
- Outerwear – coat, hat, gloves (if needed)
- Pajamas and slippers
- Lint roller

Toiletries

- Shower supplies:
 - shampoo and conditioner
 - body wash and face wash
 - razor and shaving cream
- Morning supplies:
 - moisturizers - body lotion and face lotion
 - deodorant
 - make up
 - toothbrush, paste, floss
 - hair supplies (brush, clips, curling iron, dryer, gel, etc.)
- Night supplies (additional):
 - makeup remover
 - eye cream, night lotions, etc.
- Miscellaneous:
 - tampons, etc.
 - first aid basics (Band-Aids, Advil, etc.)
 - tweezers, nail clippers, safety pins, etc.

Health and Fitness

- ___ Workout outfits (+ sports bras, socks, running shoes)
- Work out gear: watch, iPod, headphones, water bottle, etc.
- Vitamins and medications
- Breakfast (granola bars, instant oatmeal, fruit, etc.)
- Plastic utensils and cups or bowls (for oatmeal)
- Snacks, mints, and gum

Professional

- Travel documents (tickets, reservations, etc.)
- Laptop
- Work presentations (jump drive with files, posters, etc.)
- Business cards
- Company notebook, pen, lanyard, etc.
- Bag appropriate for meetings

Comfort and Entertainment

- iPad and charger
- Books and/or updated kindle app on tablet
- Knitting or other activity
- Pictures/drawings from my kids to “decorate”

Miscellaneous

- If nursing – pump, pump parts, supplies to store milk, etc.
- Cash - small bills for tipping hotel cleaners, drivers, etc.
- Laundry (or plastic) bags to collect dirty clothes during the trip