Toiletries Packing List

Everything that goes in the wash bag, sorted by what fits a carry-on and what the hotel supplies anyway.

Liquids (100 ml / 3.4 oz each, one clear bag)

- [ ] Shampoo and conditioner, decanted into travel bottles
- [ ] Shower gel or a solid soap bar
  A solid bar is not a liquid, so it does not count against the bag.
- [ ] Toothpaste
- [ ] Moisturiser and sunscreen
- [ ] Deodorant — stick and roll-on are exempt, spray is not
- [ ] Contact lens solution
  Usually allowed above 100 ml as a medical liquid, but declare it at the checkpoint.
- [ ] Liquid make-up, foundation and remover
- [ ] Perfume decant

Daily basics

- [ ] Toothbrush and cover
- [ ] Floss or interdental brushes
- [ ] Hairbrush or comb
- [ ] Hair ties and clips
- [ ] Razor and spare blades
  Safety and disposable razors are fine in a carry-on; straight razors are not.
- [ ] Nail clippers and file
- [ ] Tweezers
- [ ] Cotton buds and pads

Medication and health

- [ ] Prescription medicine in the original labelled packaging
- [ ] Painkillers
- [ ] Antihistamines
- [ ] Motion sickness tablets
- [ ] Plasters and blister pads
- [ ] Rehydration sachets
- [ ] Any medicine you take occasionally but would struggle to buy abroad
  Names and strengths differ between countries, and some over-the-counter drugs at home are prescription-only elsewhere.

Personal care

- [ ] Period products
- [ ] Contraception
- [ ] Contact lenses and a spare pair of glasses
- [ ] Skincare you will not skip
- [ ] Make-up, cut back to one look

Usually supplied — check before packing

- [ ] Hairdryer
- [ ] Soap and shampoo
- [ ] Body lotion
- [ ] Shower cap
- [ ] Towels
  Not supplied by most hostels, campsites or short-term rentals.

The bag itself

- [ ] Clear quart-sized bag for the liquids
- [ ] A wash bag that hangs
- [ ] Seal each liquid in a small zip bag against pressure leaks
- [ ] A laundry bag for what comes back dirty