

HEALTHY GIRL SUMMER

travel checklist

CLOTHING

- Underwear
- Perfect tee shirts
- Bras
- Sports bras
- Pants
- Socks
- Shorts
- Comfortable shoes
- Pajamas
- Workout clothes
- Dress shoes
- Swimsuit
- Flip flops/slippers
- Tank tops
- Sweatshirt
- Laundry bag
- Dresses
- Sun hat
- High pony tail cap
- Jacket
- Jewelry
- Mini Backpack

CARRY ON

- Travel pillow
- Book/magazine
- Downloaded books & podcasts
- Snacks
- Eye mask
- Paper and pen
- Gum/mints
- Ear plugs

TOILETRIES

- Toothbrush/toothpaste
- Floss
- Makeup
- Makeup remover/wipes
- Tweezers
- Lip balm
- Straightener/curling iron
- Brush/round brush
- Eye drops
- Deodorant
- Secret scrunchie
- Hair clips
- Sunglasses
- Dry shampoo
- Shampoo/conditioner
- Bobby pins
- Glasses/contacts
- Sunscreen
- Feminine-hygiene products
- Body wash
- Insect repellent
- Medications
- Supplements
- Supplement carrier or mini bags
- Razor
- Hand sanitizer
- Nail clippers
- Nail polish
- Polish removing wipes
- Mini first aid kit

TECH

- Cell phone
- Charger
- Headphones
- Laptop and charger
- Adapter

HEALTHY TRAVEL FOODS

- BCAAs/electrolytes
- Oatmeal
- Protein bars
- Turkey sticks/low sugar jerky
- Nuts
- Protein powder
- Collagen powder
- Coffee/tea
- Bone broth packets
- Flavored water drops
- Stevia
- Freeze dried fruit
- Roasted chickpeas
- Individual nut butter packets
- Whisps crisps
- Grain-free granola

HEALTHY ACCESSORIES

- Insulated water bottle
- Insulated coffee cup
- Protein shaker cup
- Workout bands

DOCUMENTS

- Passport/visa
- Vaccine card
- Credit cards
- Cash
- Health/travel insurance
- ID/driver's license
- Tickets