

# How to Pack Like a Minimalist in a 16L Backpack

Ready to start packing light for your next trip? This packing list will help you to compile a packing system that is stylish, compact, and functional. Because you're an independent woman who don't need no 60L pack! {Hot tip: Copy/save this list and customize by adding new items and replacing others!}



## Luggage

- ☐ 16L backpack
- ☐ Packable backpack or tote for hiking and picnics <https://herpackinglist.com/rei-stuff-travel-pack-review/>
- ☐ Packing cubes <https://herpackinglist.com/how-to-use-packing-cubes/>

## Clothing

- ☐ 1 tank top
- ☐ 1 sleeping shirt
- ☐ 1 sleeveless top
- ☐ 1 t-shirt
- ☐ 1 long sleeve
- ☐ 1 blouse
- ☐ 1 sweater
- ☐ 1 dress/romper/skirt
- ☐ 1 pair of pants
- ☐ 1 pair of shorts

- ☐ 2 bras
- ☐ 5 pairs underwear [herpackinglist.com/fast-drying-womens-travel-underwear/](https://herpackinglist.com/fast-drying-womens-travel-underwear/)
- ☐ 2-4 pairs socks
- ☐ 1 bathing suit
- ☐ 1 scarf

## Shoes and Outerwear

- ☐ 1 pair of shoes
- ☐ 1 pair of open-toed shoes
- ☐ 1 pair of open-toed shoes
- ☐ 1 packable windbreaker

## Toiletries

- ☐ Face cleanser
- ☐ Sunscreen
- ☐ Lip chap
- ☐ Tea tree oil
- ☐ Soap
- ☐ Mini loofah
- ☐ Pack towel <https://herpackinglist.com/pack-towels/>
- ☐ 2 in 1 shampoo/conditioner
- ☐ Deodorant
- ☐ Mini hairbrush
- ☐ Toothbrush & toothpaste
- ☐ Tweezers
- ☐ Nail clippers
- ☐ Band-aids
- ☐ Diva cup <https://herpackinglist.com/the-divacup-review/>

## Optional & Speciality items

- ☐ Any medication
- ☐ Glasses, contacts, contact solution

☐ Mini mirror

☐ Razor

## Makeup

☐ Red lipstick

☐ Liquid Eyeliner

## Essential Gear

☐ Concealer

☐ Carabiner

☐ Pad lock for hostels

☐ Spork

☐ Plastic knife

☐ Collapsible cup

☐ Hand sanitizer/wet wipes

☐ Cords and Adapters

☐ Altoids tin: great for packing minutiae like band aids and sim cards.

☐ Headlamp: for navigating your hostel without waking everyone up

☐ Duct tape

☐ Sunglasses

☐ A buff <https://herpackinglist.com/the-one-little-thing-buff/>

## In My Purse

☐ Wallet

☐ Water bottle

☐ Journal and pen

☐ Reading material

☐ Small pouch: where I carry extra medication, lip chap, headphones

## For Planes, Trains, and Automobiles

☐ Inflatable pillow <https://herpackinglist.com/exploring-best-travel-pillows/>

☐ Ear plugs



Ear planes

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