

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/

- 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