

Packing List for Living Abroad (6+ months)

Are you packing for a season abroad or a long term trip? If so, you are going to need more than just a rucksack. This packing list details how to pack everything you need into a 25kg suitcase and a weekend bag for hand luggage. {Hot tip: Copy/save this list and customize by adding new items and replacing others!}



Ultimate Female Packing List for Living Abroad (6+ months)

A SEASON ABROAD WITH A 25KG SUITCASE



Clothing - Pack what is specialized or expensive

- ☐ A plastic poncho
- ☐ 4 jumpers/sweaters
- ☐ 2 pairs of trousers or jeans
- ☐ Quality dresses and skirts
- ☐ 1 quality thick coat
- ☐ 1 lightweight jacket
- ☐ Underwear - To cover 2 weeks before you need to wash <https://herpackinglist.com/tag/undergarments/>
- ☐ Thermal clothing for winter destinations
- ☐ Bikini and travel micro towel <https://herpackinglist.com/turkish-towels-for-travel/>
- ☐ 2 pairs of warm tights
- ☐ Sun hat

Footwear

- ☐ Heavy / bulky shoes
- ☐ 1 pair of ballet flats

- ☐ 1 or 2 pairs of 'going out' shoes
- ☐ 1 pair of tennis shoes & travel socks <https://herpackinglist.com/travel-socks-guide/>
- ☐ 1 pair of cheap sandals or flip flops

Toiletries

- ☐ 100ml bottles of shampoo, conditioner, shower gel, moisturiser, cleanser, deodorant and toothpaste
- ☐ Essentials for the first week <https://herpackinglist.com/best-toiletries-for-hand-luggage/>
- ☐ Bamboo re-usable sanitary pads

Electronics and Documents

- ☐ Laptop with cable and spare battery
- ☐ Dual SIM smartphone
- ☐ 500GB HDD plus cable
- ☐ Portable tablet plus cable
- ☐ Dongle
- ☐ Power board and international converter
- ☐ Quality headphones
- ☐ Your visa and certified translations of qualifications
- ☐ Camera, cable and memory card
- ☐ Colour photocopy of your passport and travel insurance policy

Extras

- ☐ Small parasol
- ☐ Packing cubes <https://herpackinglist.com/how-to-use-packing-cubes/>
- ☐ Reimann SPF
- ☐ Miniature notebook with crucial numbers
- ☐ Small indoor sleeping bag
- ☐ 1 month supply of any essential medications or prescriptions
- ☐ A reusable BPA-free water bottle
- ☐ Sunglasses
- ☐ Earplugs and eye shade