



# WELCOME TO THE ULTIMATE PACKING GUIDE

*by Emily Reedstrom Photography*

This guide has been designed for travelers who want to pack light, but effectively. For those who want to look chic as you travel, but don't want to pack your whole wardrobe.



Emily is a seasoned traveler, having spent her entire life traveling the world. After living in Italy for three years, her love of Europe and her passion for wedding photography merged into a destination photography business bringing her to photograph weddings in France, Italy, Mexico and all over the United States.



# THE ULTIMATE

PACKING LIST FOR EUROPE



WHAT YOU'LL NEED FOR 7-10  
DAYS TRAVELING ABROAD

*Emily Reedstrom*

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# EUROPE PACKING

## checklist



### THE ESSENTIALS

- 1- 2 long sleeve shirts (depending on season)
- 3 tshirts
- 1 sweater / sweatshirt
- 1 waterproof jacket
- 2-3 bottoms (depending on season)
- 2 dresses / skirts
- 10 underwear
- 6 socks
- 1 pair of pajamas
- 2-3 bras
- one travel outfit

### TOILETRIES

- toothbrush, toothpaste, floss
- hair brush + hair ties
- deodorant
- shampoo + conditioner
- sunscreen
- face wash + skin care
- razor
- nail clippers or nail file
- glasses, contacts + contact solution

### CARRY ON

- Headphones + any adapter needed
- blanket + neck pillow
- eye mask
- book / magazine / activity
- water bottle + snacks
- chapstick
- skin care routine
- toothbrush + toothpaste
- facemask

### IMPORTANT DOCUMENTS

- Passport / visas
- ID
- Vaccination information
- Travel Adapter
- First Aid kit
- Cash
- Credit card
- Reservations / itineraries



## EXTRA GOODIES

- 1-2 swimsuits
- sunglasses
- umbrella
- camera
- jewelry

## ELECTRONICS

- Phone
- portable charger
- charger
- plug adapters

The trick to packing light is to pack clothing that all matches with each other. Find your favorite color theme and stick to it, that way you can wear the same pieces multiple times in different ways.

Example: jeans and a white T-shirt (jeans can be worn with sweaters, T-shirt can be worn with skirt or dress).

### Bonus tips:

- only pack favorite items
- try to avoid packing things you haven't worn
- roll your clothes or use packing cubes
- make a list on your phone of which outfits you want to wear on which days.
- wear your heaviest shoes on the plane
- bring an extra bag (canvas tote) for your souvenirs.

thank-you 

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