

Travel Essentials: The Core Guide

What belongs in every bag, whatever the trip

Travel essentials are the items you carry on every trip. They keep you safe, comfortable, and organised from your front door to your final stop. Get the core right and every trip gets easier.

The Non-Negotiables

ESSENTIAL	WHY IT MATTERS
A bag that fits airline rules	Measured with wheels and handles included.
Packing organisation	Cubes turn a chaotic bag into tidy drawers.
Chargers and adapters	Adapter changes shape, converter changes voltage.
Toiletries under the limit	100ml containers, one clear bag per person.
Sleep gear	Eye mask, earplugs, and compression socks.
Documents and money	Split across three spots, never one pocket.

Core Categories

ESSENTIAL	WHY IT MATTERS
Luggage and bags	Carry-on, backpack, and a packable daypack.
Clothing	Versatile, wrinkle-resistant, mix-and-match pieces.
Tech and electronics	Power bank, universal adapter, headphones.
Health and first aid	Meds in labelled containers, plus a small kit.

Smart Packing Rules

ESSENTIAL	WHY IT MATTERS
Pack, then remove a third	You always carry less than you plan.
Buy the strictest size	Match the tightest airline you fly.
Wash on the road	Sink laundry beats a heavier bag.
Weigh before you leave	Dodge overweight fees at home.

Travel Essentials for Women

Pack lighter and smarter for any trip

Travel essentials for women keep you comfortable, safe, and ready for anything. The right versatile clothing, smart toiletries, tech, and bag turn a hard trip into an easy one.

Clothing and Shoes

ESSENTIAL	WHY IT MATTERS
Mix-and-match layers	Neutral, wrinkle-resistant pieces that pair up.
Little black dress	Covers any surprise dinner out.
Scarf or shawl	Warmth, sun cover, or temple modesty.
Shoes, two or three pairs	White sneakers, one dressy flat, sandals.

Toiletries and Health

ESSENTIAL	WHY IT MATTERS
Skincare and SPF	UV rays reach you through plane windows.
Decanted liquids	Travel-sized bottles under the limit.
Medication	Keep prescriptions in your carry-on.
Solid shampoo bar	Skips the liquid limit entirely.

Bags, Tech and Safety

ESSENTIAL	WHY IT MATTERS
Secure crossbody	Lockable zips guard against pickpockets.
Power bank and adapter	Stay charged through long travel days.
Packing cubes	Sort outfits and compress your bag.
Solo-travel safety	Doorstop alarm and a shared itinerary.

Travel Essentials for Men

Pack smart, travel sharp

Travel essentials for men keep you organised, comfortable, and ready for any trip. Documents, a good bag, versatile clothing, grooming, and tech form the core.

Documents and Bags

ESSENTIAL	WHY IT MATTERS
Passport and slim wallet	Only the cards you actually use.
Luggage tags	Lost bags find their way back.
Carry-on or backpack	Quality zippers and TSA-approved locks.
Packing cubes	Keep everything sorted inside.

Clothing and Grooming

ESSENTIAL	WHY IT MATTERS
Wrinkle-resistant layers	Plain tees, shirts, versatile bottoms.
One smart outfit	Covers dinners and meetings.
Compact toiletry kit	Razor, deodorant, moisturiser, fragrance.
Comfortable shoes	Two pairs max, wear the heavy one.

Tech and Extras

ESSENTIAL	WHY IT MATTERS
Power bank and adapter	Never hit zero abroad.
Noise-cancelling headphones	Essential for long flights.
Pen and carabiner	For forms and clipping gear.
Portable door lock	Peace of mind in unfamiliar rooms.

Baby & Family Travel Essentials

A different sport from solo travel

Family travel essentials keep your little ones fed, clean, comfy, and calm on the go. Pack the core well and travel days feel manageable, even with a delay.

Diapers and Feeding

ESSENTIAL	WHY IT MATTERS
Diapers per hour	One per hour of transit, plus extras.
Wipes and cream	For messes of every kind.
Formula and bottles	Exempt from the liquid limit, declare them.
Snacks and pouches	Keep older babies happy.

Sleep, Health and Gear

ESSENTIAL	WHY IT MATTERS
Sleep sack and blanket	Familiar scent keeps naps consistent.
Meds and thermometer	Keep them in your carry-on.
Car seat and carrier	Safe transport, hands-free airports.
Compact stroller	Folds small for gate checking.

Comfort and Flying

ESSENTIAL	WHY IT MATTERS
Pacifiers with clips	So they never hit the floor.
Small new toys	Fresh items hold attention longest.
Feed on takeoff	Sucking eases ear pressure.
Documents	Baby passport and consent letters abroad.