# 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!}




## 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

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