

# THE ULTIMATE TEEN packing list

13+ YEARS

Everything teens need for an  
awesome trip (without the stress!) ♥



## CLOTHING

- ☐ Mix-and-match outfits
- ☐ Pajamas
- ☐ Underwear
- ☐ Socks
- ☐ Sweatshirt or jacket
- ☐ Comfortable walking shoes
- ☐ Sandals / flip-flops
- ☐ Swimsuit
- ☐ Workout clothes, if needed
- ☐ Hat
- ☐ Laundry / wet bag



## THEIR BACKPACK

- ☐ Backpack or personal item
- ☐ Wallet
- ☐ ID, if needed
- ☐ Refillable water bottle
- ☐ Snacks
- ☐ Phone
- ☐ Headphones
- ☐ Portable charger
- ☐ Book / Kindle
- ☐ Sunglasses



## TECH + ENTERTAINMENT

- ☐ Phone
- ☐ Tablet / Kindle
- ☐ Headphones / AirPods
- ☐ Phone charger
- ☐ Watch charger
- ☐ Other device chargers
- ☐ Portable charger
- ☐ Downloaded shows + movies
- ☐ Downloaded music / podcasts
- ☐ Books or games



## TOILETRIES

- ☐ Toothbrush + toothpaste
- ☐ Deodorant
- ☐ Shampoo + conditioner
- ☐ Body wash
- ☐ Face wash
- ☐ Skincare products
- ☐ Hairbrush / comb
- ☐ Hair products / accessories
- ☐ Razor, if needed
- ☐ Period products, if needed
- ☐ Sunscreen
- ☐ Lip balm
- ☐ Personal care products



## HEALTH + PERSONAL

- ☐ Prescription medications
- ☐ Medications they normally use
- ☐ Glasses
- ☐ Contacts + solution
- ☐ Retainer + case
- ☐ Personal hygiene products
- ☐ Health insurance information
- ☐ Emergency contact information



## SHOES + ACCESSORIES

- ☐ Everyday shoes
- ☐ Sandals / flip-flops
- ☐ Dress shoes, if needed
- ☐ Sunglasses
- ☐ Hat
- ☐ Jewelry
- ☐ Watch
- ☐ Belt
- ☐ Small crossbody / day bag



## BEACH + POOL

- ☐ Swimsuit
- ☐ Cover-up
- ☐ Flip-flops
- ☐ Water shoes, if needed
- ☐ Sunglasses
- ☐ Hat
- ☐ Sunscreen
- ☐ Goggles, if wanted
- ☐ Lightweight towel
- ☐ Wet bag



## CARRY-ON / TRAVEL DAY

*Their bag.  
Their responsibility.*

- ☐ Phone
- ☐ Wallet + ID
- ☐ Headphones
- ☐ Portable charger
- ☐ Charging cable
- ☐ Water bottle
- ☐ Snacks
- ☐ Sweatshirt
- ☐ Book / Kindle
- ☐ Downloaded entertainment
- ☐ Glasses / contacts
- ☐ Medications
- ☐ One change of clothes



## DON'T FORGET

- ☐ Passport / required travel documents
- ☐ Wallet + ID
- ☐ Medications
- ☐ Glasses / contacts
- ☐ Retainer
- ☐ Phone charger
- ☐ Headphones
- ☐ Anything difficult to replace



## PARENT TIP ♥

*Give them the list. Let them pack.*  
At this age, they can handle their own suitcase and carry-on. Just give one final reminder about the hard-to-replace things:



ID



MEDICATIONS



GLASSES



RETAINER



PHONE +  
CHARGERS

THEIR SUITCASE. THEIR RESPONSIBILITY. MORE ADVENTURE. ♥