

THE WELL PACKED WOMAN

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THE WELL PACKED WOMAN'S  
**CARRY-ON**  
**PACKING SYSTEM**

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A COMPLETE PACKING CHECKLIST FOR THE  
PROFESSIONAL WOMAN WHO TRAVELS WITH INTENTION

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*Pack once. Use forever.*

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[thewellpackedwoman.com](http://thewellpackedwoman.com)

[@thewellpackedwoman](https://www.instagram.com/thewellpackedwoman)

## YOUR PACKING CHECKLIST

### CLOTHES

- Bottom 1 — neutral trouser (black, navy, or camel)
- Bottom 2 — alternate trouser, midi skirt, or straight-leg jeans
- Top 1 — silk or satin blouse
- Top 2 — fine knit or fitted sweater
- Top 3 — clean tee or second blouse
- Blazer — packs flat, fits perfectly
- Shoes 1 — loafer or low heel (slips on/off for security)
- Shoes 2 — gym or casual (only if trip calls for it)
- Underwear and socks
- Sleepwear
- Trip-specific variables (climate, formal event, etc.)

### TOILETRIES

- Skincare routine (refillable travel sizes)
- Toothbrush and toothpaste
- Prescriptions
- Non-negotiable products (the 2-3 you won't compromise on)
- Refillable travel bottles

### TECH

- Laptop
- Laptop charger
- Phone charger
- Earbuds or headphones
- Adapters (if international)
- Tech organizer — no loose cables

### DOCUMENTS & ESSENTIALS

- Passport or government ID
- Credit cards and loyalty cards
- Cash (if destination calls for it)
- Printed confirmations (if needed)

***Build it once. Refine it after every trip. Use it forever.***

For the full packing system visit [thewellpackedwoman.com](http://thewellpackedwoman.com)