

Carry-On Packing Checklist

Morocco · France · Spain | ana113@shsu.edu

Pack from a list, not from memory. Memory packs for the trip you are imagining; a list packs for the trip you are actually taking. Everything here fits in one carry-on bag, which means no checked-bag fees, nothing lost in transit, and no waiting at the carousel.

The one rule: lay out everything you think you need, then put a third of it back. Nobody has ever come home wishing they had brought more clothes.

DOCUMENTS & MONEY

- ☐ Passport - check the expiry date is at least 6 months after you fly home
- ☐ Photo of your passport photo page, stored somewhere other than your phone
- ☐ Visa or entry paperwork, if your nationality needs one
- ☐ Debit and credit cards - tell the bank the dates and countries first
- ☐ A small amount of local cash for the first day (taxis, tips, water)
- ☐ Travel insurance policy number and the 24-hour phone number
- ☐ Boarding passes and accommodation confirmations, downloaded offline

CLOTHING THAT LAYERS

- ☐ Five days of clothing, maximum - you will do laundry, everyone does
- ☐ One layer warmer than you think you need (desert nights, cathedrals, planes)
- ☐ Shoes you have already broken in, plus one pair of sandals
- ☐ Something modest with long sleeves and long legs for religious sites
- ☐ A scarf - shade, dust, cold aircraft, covered shoulders, all in one
- ☐ Swimwear, even if you are not planning to swim
- ☐ A packable rain layer

TOILETRIES & HEALTH

- ☐ Under 100ml / 3.4oz each, in one clear resealable bag
- ☐ Sunscreen - stronger than you would use at home
- ☐ Any prescription medicine in its original labelled packaging
- ☐ A basic kit: painkillers, plasters, rehydration salts, antihistamine
- ☐ Hand sanitiser and a small pack of tissues

ELECTRONICS

- ☐ Phone charger and a power bank
- ☐ Plug adapter - Type C/E in Morocco, France and Spain; two-pin round
- ☐ Headphones
- ☐ A spare charging cable (the one that fails is always the one you need)
- ☐ Offline maps downloaded for every city before you leave the house

The Countdown

What to do, and when to do it

Packing is the easy part. These are the things that actually ruin trips when they get forgotten, ordered by when you need to deal with them.

FOR THESE THREE COUNTRIES

- ☐ Morocco: cash in small notes for the souks - bargaining is expected
- ☐ Morocco: shoes that slip on and off easily for riads and mosques
- ☐ France: a reusable water bottle - public fountains are everywhere
- ☐ Spain: adjust to late meals; carry a snack for the 6pm gap
- ☐ All three: a photocopy of your passport kept separately from the original

ONE WEEK BEFORE

- ☐ Tell your bank and card issuer your travel dates and destinations
- ☐ Check the passport expiry date properly, not from memory
- ☐ Book the things that sell out - the Alhambra especially
- ☐ Download offline maps and any translation packs
- ☐ Start the laundry so your favourite clothes are actually clean

THE NIGHT BEFORE

- ☐ Charge everything: phone, power bank, headphones, camera
- ☐ Screenshot your boarding pass and first night's address
- ☐ Put the passport in the bag, not on the table by the door
- ☐ Weigh the bag if your airline is strict about carry-on
- ☐ Set two alarms

THE LAST HOUR

- ☐ Passport, wallet, phone, charger - say them out loud
- ☐ Empty the water bottle before security
- ☐ Bins emptied, windows locked, heating or air conditioning off
- ☐ Take a photo of your packed bag in case it goes missing

NOTES