

# Essentials for an Extended Vacation

The general goal is to pack for one week, and plan to do laundry once a week. This way you will have enough clothing to explore, but you don't need to bring lots of luggage. This list was made with women in mind.

## What to Buy There

- Body wash
- Shampoo
- Conditioner (try [Karite Hydra](#) for dry hair)

## Hygiene

- Toothbrush
- Toothpaste
- Dental Floss
- Travel-sized dry shampoo
- Hairbrush
- Feminine hygiene products

## Skincare

- Face cleanser (try [Tula Purifying Face Cleanser](#))
- Serum (try The Ordinary's [Hyaluronic Acid 2% + B5](#) hydrating serum)
- Daytime face moisturizer (try [Clinique's Dramatically Different™ Moisturizing Gel](#) or [Sekkisei Emulsion](#))
- Nighttime face moisturizer ([Korres Wild Rose Vitamin C Brightening Sleeping Facial](#))
- Exfoliator ([Glycolic Acid 7% Toning Solution](#))

## Clothing

- 9 pairs of underwear

KRISTIN  
MCKENNA

WWW.KRISTINMCKENNA.CA

- 9 pairs of socks
- 5 bras
- 3 sweaters
- 7 pairs of pants, shorts, or skirts
- 7 Shirts
- Jacket (only if the weather will be cooler, wear it on the plane or in the vehicle to save space)
- Walking shoes, heels, sandals, or boots (depending on the destination you may bring all)

## Technology

- Phone
- Phone charger
- Travel WiFi Router + subscription
- Tablet with bluetooth keyboard or small laptop
- Camera

## Miscellaneous

- Water bottle
- Sun hat
- Other essential items you use daily

KRISTIN  
MCKENNA

[WWW.KRISTINMCKENNA.CA](http://WWW.KRISTINMCKENNA.CA)