

Digital Nomad Carry-On Packing Checklist

Essential Documents & Money

- ☐ Passport and/or Birth Certificate
- ☐ Visa & Entry Documents (if required)
- ☐ Credit/Debit Cards
- ☐ Cash (small amounts in multiple currencies)
- ☐ Boarding Passes (Cruise / Flight / Train)
- ☐ Itinerary
- ☐ Document Holder / Money Belt
- ☐ Photocopies of ID and Credit Cards
- ☐ Medical Insurance Card(s)
- ☐ Travel Insurance Information

Tech & Work Essentials

- ☐ Computer / Tablet
- ☐ Cell Phone
- ☐ eSIM by OHAYU (or Local SIM Card)
- ☐ Camera / Lenses / Batteries
- ☐ Charging Wires (for all devices)
- ☐ Power Bank
- ☐ Headphones
- ☐ Handheld Video Games

Health & Hygiene

- ☐ Medications (prescriptions, allergy meds, pain relievers)
- ☐ Seasickness Medication
- ☐ Hand Sanitizer
- ☐ Hand Lotion
- ☐ Lip Balm
- ☐ Deodorant
- ☐ Tissues

Comfort & Clothing

- ☐ Change of Clothes (for emergencies)
- ☐ Sweater / Large Scarf (for flights & cold locations)
- ☐ Hair Elastic(s)

Food & Hydration

- ☐ Reusable Water Bottle
- ☐ Snack
- ☐ Chewing Gum / Mints

Sleep & Relaxation

- ☐ Eye Mask
- ☐ Ear Plugs

Security & Convenience

- ☐ Keys
- ☐ Valuables / Jewelry
- ☐ Wallet
- ☐ Hotel Info (if applicable)

Extras & Miscellaneous

- ☐ Book / E-Reader /
- ☐ Reading Material
- ☐ Pen

Digital Nomad Luggage Packing Checklist

General Essentials

- ☐ Activewear
- ☐ Beach Towel
- ☐ Belt(s)
- ☐ Binoculars
- ☐ Converter/Adapter
- ☐ Day Pack/Beach Bag
- ☐ Fanny Pack/Drawstring Bag
- ☐ First-Aid Kit/Pain Reliever
- ☐ Hat/Gloves
- ☐ Jacket
- ☐ Laundry Items
- ☐ Magnetic Hooks
- ☐ Rain Jacket
- ☐ Pashmina/Scarf
- ☐ Umbrella
- ☐ Wet Bags/Zip-Top Bags

Clothing

- ☐ Jeans
- ☐ Shirts
- ☐ T-Shirts
- ☐ Tank Tops
- ☐ Shorts
- ☐ Slacks
- ☐ Sweaters/Hoodies
- ☐ Pajamas
- ☐ Socks
- ☐ Undergarments
- ☐ Waterproof Hiking Boots
- ☐ Water Shoes

Footwear

- ☐ Sneakers/Athletic Shoes
- ☐ Sandals/Flip-Flops
- ☐ Flats
- ☐ Heels/Dress Shoes

Toiletries & Personal Care

- ☐ Shampoo/Conditioner
- ☐ Soap/Body Wash
- ☐ Toothbrush/Toothpaste/
- ☐ Mouthwash
- ☐ Deodorant
- ☐ Face Wash/Cleanser
- ☐ Moisturizer
- ☐ Sunscreen
- ☐ Aloe
- ☐ Bug Spray
- ☐ Shaving Supplies
- ☐ Nail File/Clippers
- ☐ Tweezers
- ☐ Hairbrush/Comb
- ☐ Hair Products/Gels
- ☐ Hairstyling Tools

For Women

- ☐ Bras/Undershirts
- ☐ Dresses
- ☐ Skirts
- ☐ Stockings
- ☐ Feminine Hygiene Products
- ☐ Makeup/Brushes/Makeup
- ☐ Remover
- ☐ Nail Polish
- ☐ Perfume
- ☐ Hair Elastics/Scrunchies/Clips

For Men

- ☐ Dress Shirts
- ☐ Tie
- ☐ Cologne

For Nomads with Babies

- ☐ Baby Wipes/Baby Powder
- ☐ Baby Gear/Diapers

Accessories

- ☐ Contacts/Contact Solution/Case
- ☐ Eyeglasses/Sunglasses
- ☐ Lanyards/Card & Badge Holders
- ☐ Purse

Extras & Miscellaneous

- ☐ Swim Goggles
- ☐ Swimwear/Bathing Suits
- ☐ Shower Cap
- ☐ Vitamins



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