

## 7-Day Travel Packing Formula For Females (She/Her)

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Use this downloadable guide as a starting point to pack light and still look right! A few considerations to remember:

1. The **weather/time** of year at your destination (look at 10-day forecast but also monthly averages so you can anticipate possible fluctuations)
2. The **length** of the trip
3. **Travel itinerary** (i.e., business dinners, wedding, date nights, touring, etc.)
4. **Focus** of the trip > business and/or pleasure
5. **Who** is traveling with you

Here is a great baseline for a 7-day trip. You can flex it up or down depending on the travel itinerary, etc. but for a late summer trip, these items will get through just about any scenario!

### Must Haves

As part of these items, you should have (1) something metallic, (2) at least two prints, and (3) everything should be coordinated in one color palette (i.e., oranges & reds, navy & grey, creams & white, etc.)

1. 1 Dressed-up Dress
2. 3 Bottoms + Shorts
3. 4 Tops
4. Black/jacket
5. 2 Casual Dresses (throw-n-go dresses)
6. Bodysuit
7. Swimsuit
8. Underwear
9. Nightclothes
10. Heels/Dressy Shoe
11. Chic Flats
12. Comfy Walking Shoe

Travel Uniform (created using the items noted above):

- Dark comfy pants, light top, colorful layer, comfy walking shoes, scarf, and **compression socks** [for flights 6+ hours]

Tech Bag (in your personal item): I recommend **this one** but just remember to include an **adapter** too!

Beauty Bag (in your carry-on): remember 3.4oz (100ml) per container and it should fit into a quart-size baggie ESPECIALLY if you are traveling to/through London (they are EXTREMELY STRICT AND TO THE LETTER!)

Digital Wardrobe Itineraries: if you need help planning your travel outfits, this is your solution!