

TMG'S PACKING LIST FOR WOMEN 50+

ESSENTIALS

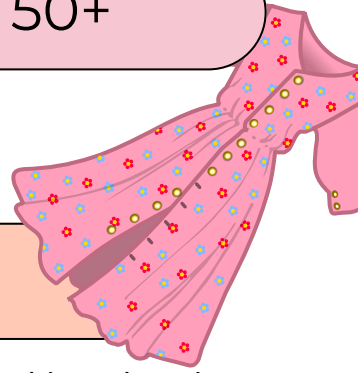
- ID and Passport
- Tickets, Hotel, and Car Confirmation
- A Copy of Your Itinerary
- Credit Cards and Small Amount of Cash for Tipping
- Other:



- Travel Makeup Bag
- Moisturizer
- Foundation or BB Cream
- Lip Care: hydrating lip balm, lipsticks, glosses
- Eye Makeup: eyeshadow palette, mascara, eyeliner
- Blush and Highlighter
- Makeup Remover and Skincare Routine
- Makeup Brushes
- Curling Iron or Flat Iron
- Extras: high SPF sunscreen
- Other:

CLOTHING

- Versatile Tops: blouses, T-shirts, dressier options
- Comfortable Bottoms: jeans, lightweight pants, versatile skirt, shorts, or capris
- Layering Pieces: light sweater, cardigan, stylish jacket, pashmina shawl
- Dresses: easy-to-wear, wrinkle-resistant
- Footwear: comfortable walking shoes, stylish sandals, flip flops
- Swimwear and Cover-Up: 2 swimsuits, lightweight cover-up
- Undergarments and Sleepwear: underwear, bras, sleepwear, socks
- Accessories: sunhat, scarf, sunglasses, versatile belt, small bag, simple jewelry
- Other:



MAKEUP

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PERSONAL ITEMS

- Personal Hygiene Items: toothbrush, toothpaste, deodorant, cotton swabs, shampoo, conditioner, gel/styling cream, comb, brush, hair ties, clips, bobby pins, disposable razor, antibacterial wipes
- Medications and Supplements: necessary medications, supplements, pain relievers, stomach aids, sleep aid, cough drops
- First Aid Kit: band-aids, antiseptic wipes, hydrocortisone cream, aloe gel, waterproof band-aids
- Comfort Items: small pillow, neck pillow, eye mask, earplugs, slippers
- Entertainment: journal, tablet with reads, podcasts, shows, ear pods
- Small Travel Umbrella
- Reusable Water Bottle
- Snacks: nuts, dried fruit, protein bars
- Other:



TECH



- Cell Phone
- Charger cord and block
- Necessary adapters (especially for international travel)
- Laptop + charger cord
- Tablet + charger
- Ear pods or buds + charger
- Camera, strap, and carrying case
- Carrying case for tech items
- Other: