



Packing List

Designed for calm, sensory-friendly,
soothing travel days

Calm Plane Kit

- Blackout eye mask
- Foam earplugs
- Loop earplugs
- Noise-cancelling headphones
- Airplane earplugs
- Neck pillow
- Electrolytes
- Snacks/ meals
- Water bottle
- Dehydrated wipes
- Olive oil

Capsule Clothing

- Base-layer tops (x2)
- Outer-layer tops (x2)
- Bottoms (x3)
- Underwear
- Socks
- Sleepwear
- Jacket
- Compression shorts/ leggings
- Compression socks
- Comfy shoes
- Walking shoes
- Hat
- Swimwear
- Rain gear
- 1 Dressy option

Skin & Body Care

- Toothbrush
- Deodorant
- Shampoo
- Body wash& loofa
- Sunscreen
- Hairbrush
- Makeup
- Lotion
- Q-tips & floss
- Tiger Balm

Tech

- Camera/GoPro
- Laptop/Tablet
- Phone & Charger
- Power dock

Road Trip Extras

- Air purifier
- Sheets
- Pillow
- Yoga mat

International Extras

- Adapters
- Int'l Currency
- Country's entry requirements
- Enroll in US State Dept's STEP

Wellness & Supplements

- Culturelle Abdominal Support
- Adrenal Restore
- Liquid glutathione
- Vitamin C
- Liquid Silver
- Sleep supplement
- Hand sanitizer
- Sunflower oil

Docs & Money

- Passport
- Tickets
- Wallet
- Travel Itinerary
- Travel Insurance

Just in Case

- Ziplock Bags
- First Aid Kit
- Travel Locks
- Reusable Bag
- Notebook
- Paracord
- GPS Luggage Tracker tag(s)
- KN95 Mask