

Personal care

- Toothbrush/toothpaste
- Shampoo/conditioner
- Face wash
- Moisturiser
- Razor/shaving cream
- Makeup/brushes/remover
- Deodorant
- Perfume/cologne
- Medication
- Hair brush/accessories

Optional extras

- Hairspray/gel
- Mini mirror
- Nail file/clippers
- Tweezers



Clothes & accessories

- Underwear
- Socks/sockets
- Belt
- Jacket
- Flat walking shoes
- Business-appropriate shoes
- Neutral or dark coloured clothing
- Pyjamas
- Sunglasses
- Reading glasses
- Jewellery
- Watch
- Tie/Cufflinks

Optional extras

- Casual wear
- Exercise wear



Travel essentials

- Hand sanitizer
- Lip balm
- Earplugs
- Eye mask
- Electrical adapters
- Portable battery packs
- Breath mints
- Noise cancelling headphones
- Drink bottle with filter

Optional extras

- Book
- Neck pillow
- Sleeping medication
- Eye drops
- Umbrella



Business must-haves

- Mobile phone
- Travel SIM card
- Laptop/tablet (incl. chargers)
- Portable mouse/keyboard
- Notepad and pen
- Business cards
- USB flash drive
- Briefcase/business bag
- Business documents
- Meeting agenda/itinerary
- Expense tracking app for reimbursements

Optional extras

- Portable backup hard drive
- Business gifts (if culturally appropriate)
- Document folders/business stationery

