How to Pack Like a Minimalist in a 16L Backpack

Ready to start packing light for your next trip? This packing list will help you to compile a packing system that is stylish, compact, and functional. Because you're an independent woman who don't need no 60L pack! {Hot tip: Copy/save this list and customize by adding new items and replacing others!}



Luggage

- [ ] 16L backpack
- [ ] Packable backpack or tote for hiking and picnics https://herpackinglist.com/rei-stuff-travel-pack-review/
- [ ] Packing cubes https://herpackinglist.com/how-to-use-packing-cubes/

Clothing

- [ ] 1 tank top
- [ ] 1 sleeping shirt
- [ ] 1 sleeveless top
- [ ] 1 t-shirt
- [ ] 1 long sleeve
- [ ] 1 blouse
- [ ] 1 sweater
- [ ] 1 dress/romper/skirt
- [ ] 1 pair of pants
- [ ] 1 pair of shorts

- [ ] 2 bras
- [ ] 5 pairs underwear herpackinglist.com/fast-drying-womens-travel-underwear/
- [ ] 2-4 pairs socks
- [ ] 1 bathing suit
- [ ] 1 scarf

Shoes and Outerwear

- [ ] 1 pair of shoes
- [ ] 1 pair of open-toed shoes
- [ ] 1 pair of open-toed shoes
- [ ] 1 packable windbreaker

Toiletries

- [ ] Face cleanser
- [ ] Sunscreen
- [ ] Lip chap
- [ ] Tea tree oil
- [ ] Soap
- [ ] Mini loofah
- [ ] Pack towel https://herpackinglist.com/pack-towels/
- [ ] 2 in 1 shampoo/conditioner
- [ ] Deodorant
- [ ] Mini hairbrush
- [ ] Toothbrush & toothpaste
- [ ] Tweezers
- [ ] Nail clippers
- [ ] Bandaids
- [ ] Diva cup https://herpackinglist.com/the-divacup-review/

Optional & Speciality items

- [ ] Any medication
- [ ] Glasses, contacts, contact solution

- [ ] Mini mirror
- [ ] Razor

Makeup

- [ ] Red lipstick
- [ ] Liquid Eyeliner

Essential Gear

- [ ] Concealer
- [ ] Carabiner
- [ ] Pad lock for hostels
- [ ] Spork
- [ ] Plastic knife
- [ ] Collapsible cup
- [ ] Hand sanitizer/wet wipes
- [ ] Cords and Adapters
- [ ] Altoids tin: great for packing minutiae like band aids and sim cards.
- [ ] Headlamp: for navigating your hostel without waking everyone up
- [ ] Duct tape
- [ ] Sunglasses
- [ ] A buff https://herpackinglist.com/the-one-little-thing-buff/

In My Purse

- [ ] Wallet
- [ ] Water bottle
- [ ] Journal and pen
- [ ] Reading material
- [ ] Small pouch: where I carry extra medication, lip chap, headphones

For Planes, Trains, and Automobiles

- [ ] Inflatable pillow https://herpackinglist.com/exploring-best-travel-pillows/
- [ ] Ear plugs

- [ ] Ear planes

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