

# Packing List for Living Abroad (6+ months)

Are you packing for a season abroad or a long term trip? If so, you are going to need more than just a rucksack. This packing list details how to pack everything you need into a 25kg suitcase and a weekend bag for hand luggage. [Hot tip: Copy/save this list and customize by adding new items and replacing others!]

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## Clothing - Pack what is specialized or expensive

- A plastic poncho
- 4 jumpers/sweaters
- 2 pairs of trousers or jeans
- Quality dresses and skirts
- 1 quality thick coat
- 1 lightweight jacket
- Underwear - To cover 2 weeks before you need to wash <https://herpackinglist.com/tag/undergarments/>
- Thermal clothing for winter destinations
- Bikini and travel micro towel <https://herpackinglist.com/turkish-towels-for-travel/>
- 2 pairs of warm tights
- Sun hat

## Footwear

- Heavy / bulky shoes
- 1 pair of ballet flats
- 1 or 2 pairs of 'going out' shoes
- 1 pair of tennis shoes & travel socks <https://herpackinglist.com/travel-socks-guide/>
- 1 pair of cheap sandals or flip flops

## Toiletries

- 100ml bottles of shampoo, conditioner, shower gel, moisturiser, cleanser, deodorant and toothpaste
- Essentials for the first week <https://herpackinglist.com/best-toiletries-for-hand-luggage/>
- Bamboo re-usable sanitary pads

## Electronics and Documents

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- Laptop with cable and spare battery
- Dual SIM smartphone
- 500GB HDD plus cable
- Portable tablet plus cable
- Dongle
- Power board and international converter
- Quality headphones
- Your visa and certified translations of qualifications
- Camera, cable and memory card
- Colour photocopy of your passport and travel insurance policy

### Extras

- Small parasol
- Packing cubes <https://herpackinglist.com/how-to-use-packing-cubes/>
- Reimann SPF
- Miniature notebook with crucial numbers
- Small indoor sleeping bag
- 1 month supply of any essential medications or prescriptions
- A reusable BPA-free water bottle
- Sunglasses
- Earplugs and eye shade

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