

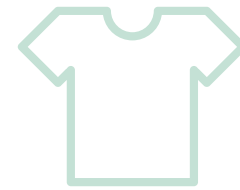
Fragrance-free Travel List

Packing List Essentials



Travel Documents

Passport, drivers licence, vaccinations
Travel itinerary, resort contact information
Flight details, accommodation address
Car rental details, directions
Travel insurance policy & phone no.



Clothing Essentials

Loose top, long sleeved hoodie, socks for flight
Daytime and evening outfits, sandals, flip flops
Bamboo/organic cotton clothing if hot resort
Swim suit, gym gear, trainers, cap/hat
Sunglasses, snorkel, coral shoes



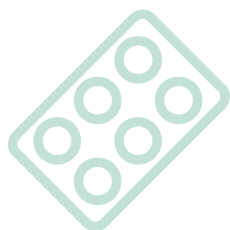
Food items

Gluten-free bread (if resort doesn't provide)
Unsweetened almond or oat milk - UHT
Vitamins & Supplements
Protein balls e.g. Deliciously Ella
Gluten-free muesli e.g. Gorilla, Eat Troo



Toiletry Basics

Sunscreen e.g. Green People SPF30 Unscented
Mosquito repellent e.g. Green People, Smidge, Effitan
Organic coconut oil - makeup remover, body oil
Shower gel & cleanser - 100% Pure, Green people
Organic shampoo - Rahua or Green People



Medicine & Sanitisation

Face masks e.g. copper masks
Antibacterial sprays - Blue Lotus, Haoma
Alcohol wipes - flight screens + aircraft tables
Antihistamines, Epipen (if required for allergies)
Fragrance free soap bar + soap box



Gadgets and Electronics

Mobile chargers
A pair of headphones, USB chargers
Camera, Go-Pro, tripod, memory card
iPad or laptop + leads
Universal plug - relevant for destination

Disclaimer: This travel packing list is for ideas and information only. If you have allergies or health concerns please consult a professional before you use this list of items or travel abroad.