

**Packing list:** This is organized for 1 week of travel. Parenthesis for a month of travel. Brackets for international travel. The items are ordered from the outside pocket inwards (Timbuk2 Wingman)

- **Wear**
  - Long sleeved athletic shirt
  - Cloth belt. If business travel, leather belt
  - Jeans. If business travel, slacks
  - Long socks
  - Wallet
  - Watch
  - Phone, headphones
  - Sneakers. If business, dress shoes
- **Small outer pocket**
  - Index cards / Airport lounge access cards
  - 3 good pens
- **Large outer pocket**
  - Books: Meditations. Max: 3
  - Compressable waterbottle
  - [Printed itinerary: flights, hotels, cars, tours]
  - [Visa materials: 2 x passport photos / country]
- **Behind outer pocket**
  - Macbook Air & case
  - Scratch pad
- **Main compartment inner pocket**
  - 5 x 5 hour energy
  - Chargers: phone, macbook, camera
  - Home keys
  - [Passport]
- **Main compartment**
  - 2 athletic (+2), 1 long socks
  - 1 running shoes, 2 running shorts (+1), arm band. (Towel, headlamp)
  - 1 tees (+3). If business, 1 shirt + 1 blazer
  - 2 lightweight underwear (+2)
  - (Day pack)
  - Camera: Disassembled. Wrapped in socks
- **Toiletries bag (inside main compartment)**
  - Toothbrush, comb, razor
  - Multi-vitamin + EmergenC