

A woman with long blonde hair, wearing a red top and white pants, is sitting on a rocky cliff edge. She is looking out over a vast, green valley under a cloudy sky. A black backpack is visible next to her. The scene is framed by a large, semi-transparent white circle that contains the main title text.

10 STEPS TO PACKING FOR A LONG TRIP

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FOLLOW THESE 10 STEPS TO LEARN HOW

If you're traveling for more than one month, this packing guide is for you. Figuring out a packing list for long term travel is no longer a challenge with these tips! Click on each of the below items to learn more about each one.

**How do I Pack for an
Extended Trip?**

1

Packing for a long trip is daunting but it's not impossible. In fact, these packing tips can even help you travel carry-on only if that's your goal. I do, and I'm a [long term traveler](#), [blogger](#), and [digital nomad](#) too!

The trick to packing for long periods of time is to pack one week's work of clothing. Why? You'll just [do laundry](#) once a week!

It's true. No matter the length of your trip you can pack for one week and have everything you need.

To master the art of packing light, use this key concept to help you pack strategically, efficiently, and even stylishly: a capsule travel wardrobe.

Take a look at TFG's [Signature Packing Lists](#) for four unique travel wardrobe suggestions and if you need more help understanding how to mix and match, colors, styling, and essential clothing items, read [Capsule Wardrobe Essentials](#) which will introduce you to the basics.

2

If it's your first time traveling or you have a particularly complicated itinerary, review this [packing course](#) which shows you specific techniques to plan an efficient and highly functional travel wardrobe for an extended trip.

I walk you through my personal step by step process as I prepare for my own long term travels!
Pack like a pro!

3

Still think you need to pack your entire closet? Take a look at how to create [3 weeks worth of travel outfits](#) with less than 10 pieces of clothing. For more travel outfit ideas including what to wear on flights, visit [TFG's Pinterest Page](#).

For clothing guidelines for individual destinations, use one of these international [packing lists](#). You may especially find these regional backpacking packing lists useful: [Europe](#), [Southeast Asia](#), [South America](#), and [Central America](#).

If you don't see your destination listed, post a question on TFG's [Facebook Page](#).

4

Shoes are always a major challenge and long term travel makes it even more difficult! Start with the concepts presented in this post on the [best travel shoes for long trips around the world](#).

Try your best not to overpack shoes. Choose [versatile shoes for travel](#) that match all your clothing and pack no more than 2-4 pairs. 3 is the magic number! Read this 10 step guide to packing the [best travel shoes](#) for any trip. Browse our top [travel shoe suggestions](#) based on the footwear most recommended by TFG's readers.



5

If you haven't already purchased your luggage, take a look at the top recommendations for:

- [Travel Backpacks](#)
- [Carry-on Suitcases](#)
- [Best Suitcase Recommendations](#)
- [Rolling Duffle Bags](#)
- [Toiletry Bags](#)

Read about [how to choose luggage](#) and the [best travel backpack](#). Don't forget your [travel gadgets](#) including international [travel adapters](#)!

For long term trips, backpacks tend to be the popular option. Why? Because the chances are you'll be traversing through lands far and wide. In fact, many time, the greatest destinations hardly have a path at all!

Don't like the idea of traveling with a backpack? Use something built to last like a [wheeled backpack](#) or [my latest bag of choice](#)! Don't forget your [day pack](#)!

6

One of the most important aspects about packing efficiently is using [travel organizers](#). Watch this packing video to learn [how to use packing cubes](#) to maximize space and ensure everything fits into one bag every time.

These are the top 12 reasons why I prefer [packing cubes](#) to other organizers.

7

For useful tips such as downsizing [toiletries](#) and choosing the [best travel makeup](#), visit our [Travel Beauty](#) section.



8

Packing well depends on your research. Determine what activities you will do on your trip to help you pack only the clothing you will use. Review this [Round the World Packing List](#) for an interchangeable travel wardrobe that will give you an idea about how to pack for diverse environments, countries, and climates.

It's very important to check the weather forecast for your destination on [weather.com](#) or [bbc.com/weather](#) several weeks and days before your trip. This 10 step guide to [packing for trips with different weather](#) is also a must read!

9

Sign up for Travel Fashion Girl's [newsletter](#) and get instant access to free packing templates, downloadable checklists, ebooks, and more.

Take a look at these posts for essential gear for travel backpacking trips:

- [The Best Travel Pants for Women](#)
- [How Much Travel Underwear to Pack](#)
- [Sleeping Bag Liners: Backpacking Must Have](#)
- [Travel Towels: Don't Travel Without One](#)
- [Headlamp: Travel Essential](#)

For important travel tips, please read:

- [How to Deal with "What if" Travel Scenarios](#)
- [How to do Laundry while Traveling](#)
- [How to Keep your Passport Safe While Traveling](#)
- [7 Years of Travel Resources Revealed](#)

And read my secrets to packing light for 7 years of long term travel:

- [How to Pack for Long Term Travel](#)
- [My Biggest Travel Fashion Mistake](#)
- [How I Keep My Laptop Safe](#)
- [How to Move from Place to Place \(with ease\)](#)



For more help, read our getting started page and...

- Join our [Facebook group](#) to ask packing questions.
- Also, read our [Facebook page](#) to find answers to similar questions. Don't forget to "like" the page!
- Lastly, for additional visual inspiration, check out our [Pinterest page](#) and various clothing ideas.
- For ideas on where to shop, check out our [best online shopping sites](#).

Happy travels!

Alex

Editor of Travel Fashion Girl