

Travel Capsule Wardrobe

The Printable Packing Checklist

capsulewardrobe.com

THE 5-4-3-2-1 FORMULA

5 Tops • 4 Bottoms • 3 Pairs of Shoes • 2 Layers or Dresses • 1 Accessory Set

A tested starting point for trips from a weekend to a month. Add laundry once a week and it stretches as far as you need.

TOPS (aim for 5)

- | | |
|--|---|
| ☐ Basic t-shirt | ☐ Basic t-shirt (2nd) |
| ☐ Tank top | ☐ Button-down shirt |
| ☐ "Nice" top for evenings | ☐ Long-sleeve basic (optional) |

BOTTOMS (aim for 4)

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|--|--|
| ☐ Jeans | ☐ Tailored trousers |
| ☐ Shorts or skirt | ☐ Leggings |

LAYERS (aim for 3)

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|--|--|
| ☐ Cardigan | ☐ Denim or lightweight jacket |
| ☐ Merino wool sweater | ☐ Rain layer (if needed) |

DRESS / JUMPSUIT (1)

- ☐ Versatile day-to-dinner dress or jumpsuit

SHOES (2 to 3 pairs)

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|--|---|
| ☐ Comfortable walking sneakers | ☐ Sandals or flats |
| ☐ One occasion pair (dress shoes / boots) | |

ACCESSORIES

- | | |
|--|--|
| ☐ Crossbody bag | ☐ Scarf |
| ☐ Sunglasses | ☐ Belt |
| ☐ Hat | ☐ Minimal jewelry |

Adapt It to the Weather

WARM-WEATHER VERSION (swap in)

- | | |
|---|---|
| ☐ Extra tanks / tees | ☐ Linen shirt |
| ☐ Breathable shorts | ☐ Sundress |
| ☐ Swimsuit | ☐ Cover-up or sarong |
| ☐ Sandals | ☐ Sun hat |

COLD-WEATHER VERSION (swap in)

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|---|---|
| ☐ Merino base layers | ☐ Extra sweaters |
| ☐ Warm packable coat | ☐ Boots |
| ☐ Scarf + gloves | ☐ Warm socks |
| ☐ Beanie | ☐ Thermal leggings |

PACKING GEAR

- | | |
|---|---|
| ☐ Packing cubes | ☐ Compression cube or bag |
| ☐ Carry-on bag / travel backpack | ☐ Detergent sheets (for sink washing) |
| ☐ Silicone toiletry containers | ☐ Personal item with a change of clothes |

TRAVEL ESSENTIALS

- | | |
|---|--|
| ☐ Passport / ID | ☐ Travel documents |
| ☐ Chargers + adapter | ☐ Toiletries |
| ☐ Medications | ☐ Reusable water bottle |
| ☐ Underwear + socks | ☐ Sleepwear |

BEFORE YOU ZIP THE BAG

Ask of every piece: Does it match 3+ other things, and will I wear it more than once?

If not, leave it home.