



Women's Packing Tips

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clothing

- Every piece of clothing should match at least two other items or have at least two uses (e.g., sandals double as slippers).
- Bring 2/3 t-shirts and 1/2 short-sleeved blouses, plus 1-2 long-sleeved shirts.
- Long-sleeved shirts with sleeves that roll up and button can double as short-sleeved shirts.
- Look for a wrinkle-camouflaging pattern or fabrics that are supposed to look wrinkled. Silk dries quickly and is lightweight.
- Lightweight leggings can double as long johns or pajamas.
- Some women bring 1-2 skirts because they are as cool and breathable as shorts, but dressier. And skirts make life easier than pants when you are faced with a squat toilet!
- Denim or twill trouser skirts go with everything and can easily be dressed up or down.
- Bring one pair of good comfortable walking shoes. Timberland and Rykers look dressier and more European than sneakers but are still comfortable.
- Cotton/nylon blend socks dry faster than 100% cotton, which loses its softness when air-dried. Sports socks nicely cushion your feet. It is impossible to look stylish when wearing walking shoes and these little white socks, but comfort is more important.
- Try silk or stretch lace undies, which dry faster than all-cotton, but breathe more than nylon.
- Bring at least two bras (what if you leave one hanging over your shower rail by accident). A sports bra doubles as a hiking/sunning top.
- Neutral colors (black, beige, olden green) look more European than bright colors if you want to blend in. If your waterproof jacket does not have a hood, take a mini-umbrella or buy one in Europe. These are easy to find--vendors often appear as soon as the rain begins!

other

- Try Campsuds (concentrated biodegradable all-purpose soap) or liquid or powdered Woolite. Or buy European clothes soap that comes in a tube complete with scrub brush built into the cap.
- When washing, a few drops from a small bottle of bleach freshen well-worn socks, underwear, and light t-shirts.
- Look for sample/travel-size toiletries or squeeze your regular products into small plastic bottles.
- All feminine products (even many of the same brands) are sold all over Europe, but it is easier to figure out how many tampons, pads, or panty shields you will need and bring them with you rather than having to buy a large box in Europe.