



PACKING AN OVERNIGHT BAG

**When packing an overnight bag,
the key is - to keep it simple.**

Clothing You only need to pack two outfits at the most.

One outfit that's appropriate for whatever you have planned for your stay.

For an overnight stay - it's recommended that the outfit you arrive in – be the outfit you leave in.

Underwear / Shoes / Socks

Underwear *2 sets*

Socks *2 pair*

Shoes *1 or 2 pair.*

Jacket or cardigan in case of a sudden weather change, cold event venues or restaurants, etc.

Pyjamas a simple lightweight nightie, boxers or a pair of pyjamas are recommended. Although sleeping naked may be comfortable NIGHTWEAR is recommended.

For a short stay, keep skincare, haircare and such products to a minimum.

- Disposable razor
- Deodorant, cologne, perfume
- Sanitary products
- Sunscreen
- Toothpaste, toothbrush and floss
- Hairbrush
- Charger for phone and other electronics
- Prescription medications or other medications
- Essential dietary supplements
- Your favourite comfort item e.g. blanket or pillow



