

FIRST CLASS & FLIP FLOPS TRAVEL

HOW TO PACK FOR 7 DAYS IN A CARRY-ON

Less luggage. More adventures. A simple one-week packing formula.

THE 7-DAY CLOTHING FORMULA

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|---------------------------------------|-------------------------------|
| ■ 5 versatile tops | ■ 7 pairs underwear |
| ■ 3 bottoms (shorts, pants or skirts) | ■ Bras as needed |
| ■ 2 dresses / elevated outfits | ■ Socks as needed |
| ■ 1 travel-day outfit | ■ 1-2 swimsuits if applicable |
| ■ 1 lightweight layer | ■ 1 cover-up if applicable |
| ■ 1 set of pajamas | ■ Optional activewear set |

SHOES - LIMIT YOURSELF TO 3

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|---------------------------------|--|
| ■ 1 comfortable walking sneaker | ■ Wear the bulkiest pair on the plane |
| ■ 1 everyday sandal / flat | ■ Choose neutral shoes that work with multiple outfits |
| ■ 1 dressier shoe | |

TOILETRIES - TRAVEL SIZE ONLY

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|---------------------------|---------------------------------|
| ■ Toothbrush + toothpaste | ■ Minimal makeup |
| ■ Deodorant | ■ Hairbrush / comb |
| ■ Cleanser | ■ Travel-size hair products |
| ■ Moisturizer | ■ Prescription medications |
| ■ Sunscreen | ■ Contacts / solution if needed |
| ■ Minimal skincare | ■ Small fragrance / perfume |

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CARRY-ON PERSONAL ITEM

- | | |
|-----------------------|----------------------------|
| ■ Passport / ID | ■ Reusable water bottle |
| ■ Wallet + cards | ■ Snacks |
| ■ Phone + charger | ■ Sunglasses |
| ■ Portable power bank | ■ Light sweater / wrap |
| ■ Headphones | ■ Valuables |
| ■ Medications | ■ Downloaded entertainment |
| ■ Travel documents | |

THE MIX-AND-MATCH RULE

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|--|---|
| ■ Choose one neutral color palette | ■ Rewear bottoms and layers |
| ■ Every top should work with at least 2 bottoms | ■ Choose wrinkle-resistant fabrics when possible |
| ■ Choose pieces that can go from daytime to dinner | ■ Plan outfits before packing - do not pack random pieces |
| ■ Use accessories to change the look | |

SPACE-SAVING STRATEGY

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| ■ Use packing cubes | ■ Use one small jewelry case |
| ■ Roll soft clothing instead of stacking bulky piles | ■ Wear your bulkiest shoes and layer on the plane |
| ■ Stuff socks / small items inside shoes | ■ Skip 'just in case' outfits |
| ■ Decant toiletries into travel containers | ■ Leave room for something you may bring home |

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SAMPLE 7-DAY OUTFIT PLAN

Use this as a framework and adjust it for your destination and itinerary.

DAY	PLAN	OUTFIT IDEA
DAY 1	TRAVEL	Comfortable pants + versatile top + sneaker + layer
DAY 2	EXPLORE	Shorts / skirt + top + walking shoes
DAY 3	BEACH / CASUAL	Swimsuit + cover-up or casual daytime outfit
DAY 4	DINNER	Dress or elevated mix-and-match outfit + dressier shoe
DAY 5	ACTIVITY DAY	Rewear bottom + fresh top + comfortable shoe
DAY 6	CASUAL	Second bottom + mix-and-match top + sandal / flat
DAY 7	DEPART	Travel outfit using clean or reworn basics + bulkiest shoe

THE CARRY-ON RULE: If an item only works with one outfit, think twice before packing it. The goal is a small wardrobe where almost everything works together.

PACK SMARTER | TRAVEL LIGHTER | SEE MORE

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