

# Packing List by tight.fit

A simple checklist to travel lighter

<https://tight.fit>

All Rights Reserved

© 2026 by tight.fit team

tightfit.official

sponsored by **PACKING PANIC**

## GUIDELINES

**Item chosen** What specific item  
**Qty** How many  
**Weight (g)** Optional, useful for tracking  
**Notes** Simple guidance and recommendations

## UNDERSTANDING NOTES

**Required** Essential for most trips  
**Recommended** Useful for most travellers  
**Optional** Bring only if useful to you  
**Only if needed** Depends on your trip

## HOW TO USE

- Check the items you plan to bring.
- Fill in your chosen item, quantity, and weight if useful.
- Add or remove items as needed.

## TYPICAL WEIGHT RANGES

Scenario	Rough weight	Meaning
Minimal setup	+/- 5 - 6.5 kg	Required only
Typical setup	+/- 6.5 - 8 kg	Required + recommended
Full setup	+/- 8 - 10 kg	Includes optional comfort

Packing Zones	Item needed	Item chosen	Qty	Weight (g)	Notes	TOTAL WEIGHT
▼ WALLET	<input type="checkbox"/> Credit / debit card	.....	.....	.....	Required	<b>0 g</b> Estimated from all item weights.
	<input type="checkbox"/> Cash	.....	.....	.....	Required	
	<input type="checkbox"/> Travel insurance	.....	.....	.....	Recommended	
	<input type="checkbox"/> Driver's license	.....	.....	.....	Only if needed	
▼ ELECTRONIC POUCH	<input type="checkbox"/> Power adapter	.....	.....	.....	Required	<b>WEIGHT CARRY</b> <b>0 g</b> Total minus estimated worn weight.
	<input type="checkbox"/> Power bank	.....	.....	.....	Recommended	
	<input type="checkbox"/> Charging cable	.....	.....	.....	Required	
▼ CLOTHING SACK/CUBE	<input type="checkbox"/> T-shirts	.....	2-4	.....	Recommended	<b>WEIGHT WORN</b> <b>0 g</b> Estimate your weight worn.
	<input type="checkbox"/> Long sleeve	.....	.....	.....	Optional	
	<input type="checkbox"/> Pants / shorts	.....	.....	.....	Recommended	
	<input type="checkbox"/> Underwear	.....	.....	3-5	Required	
	<input type="checkbox"/> Socks	.....	.....	3-5	Required	
	<input type="checkbox"/> Sleepwear	.....	.....	.....	Optional	
	<input type="checkbox"/> Rain jacket	.....	.....	.....	Optional	
	<input type="checkbox"/> Fleece / insulation	.....	.....	.....	Optional	
	<input type="checkbox"/> Down jacket	.....	.....	.....	Optional	
<input type="checkbox"/> Travel towels	.....	.....	.....	Recommended		
▼ MEDICAL KIT	<input type="checkbox"/> Painkillers	.....	.....	.....	Required	<b>ITEMS PACKED</b> <b>0/50</b> Checked items.
	<input type="checkbox"/> Band-aids	.....	.....	.....	Required	
	<input type="checkbox"/> Personal medication	.....	.....	.....	Required	
▼ TOILETRY BAG	<input type="checkbox"/> Toothbrush	.....	.....	.....	Required	
	<input type="checkbox"/> Toothpaste	.....	.....	.....	Required	
	<input type="checkbox"/> Deodorant	.....	.....	.....	Required	
	<input type="checkbox"/> Sunscreen	.....	.....	.....	Required	
	<input type="checkbox"/> Soap / shampoo	.....	.....	.....	Recommended	
	<input type="checkbox"/> Razor	.....	.....	.....	Optional	
	<input type="checkbox"/> Comb / brush	.....	.....	.....	Optional	
▼ BACKPACK	<input type="checkbox"/> Clothing sack/cube	.....	.....	.....	Recommended	
	<input type="checkbox"/> Electronic pouch	.....	.....	.....	Recommended	
	<input type="checkbox"/> Laundry bag	.....	.....	.....	Optional	
	<input type="checkbox"/> Toiletry bag	.....	.....	.....	Recommended	
	<input type="checkbox"/> Tote bag / packable bag	.....	.....	.....	Recommended	
	<input type="checkbox"/> Sunglasses	.....	.....	.....	Recommended	
	<input type="checkbox"/> Small lock	.....	.....	.....	Recommended	
	<input type="checkbox"/> Sleeping masks	.....	.....	.....	Optional	
	<input type="checkbox"/> Notebook/pen	.....	.....	.....	Optional	
	<input type="checkbox"/> Laptop / tablet	.....	.....	.....	Only if needed	
	<input type="checkbox"/> Camera	.....	.....	.....	Optional	
	<input type="checkbox"/> Sandals / flip flops	.....	.....	.....	Optional	
	<input type="checkbox"/> Cutlery set	.....	.....	.....	Optional	
	<input type="checkbox"/> Water bottle	.....	.....	.....	Recommended	
▼ CARRY	<input type="checkbox"/> Backpack	.....	.....	.....	Required	
	<input type="checkbox"/> Phone	.....	.....	.....	Required	
	<input type="checkbox"/> Earphones	.....	.....	.....	Optional	
	<input type="checkbox"/> Main shoes	.....	.....	.....	Required	
	<input type="checkbox"/> Passport / ID	.....	.....	.....	Required	
	<input type="checkbox"/> Wallet	.....	.....	.....	Required	
▼ ADDITIONAL ITEM	<input type="checkbox"/> .....	.....	.....	.....		
	<input type="checkbox"/> .....	.....	.....	.....		
	<input type="checkbox"/> .....	.....	.....	.....		