

# Packing Checklist: 3 Day Conference

Dates \_\_\_\_\_ thru \_\_\_\_\_

## Chic & Comfy Conference Tips

- ✓ Check the local weather in the conference city.
- ✓ Layers are good. Pack a sweater or blazer for cold conference rooms.
- ✓ You'll be on your feet a lot. Opt for cute flats over stilettos.
- ✓ Transition to evening events with an embellished top or sparkly jewelry.

## Essentials & Comfort

- Underwear (includes bras & shapewear)
- Hosiery / Socks
- Pajamas / Sleepwear
- Slippers

## Travel

- Travel Pillow
- Reading Material
- Scarf / Pashmina
- Drivers License / ID
- Hotel Confirmation
- Luggage Tags
- Passport (if needed)

## Networking / Note taking

- Business Cards
- Media Kit
- Notebook
- Pens / Pencils

## Technology

- Mobile phone & charger
- Laptop / tablet & charger
- Camera + extra batteries/charger + case
- Camera memory card

## Toiletries

- Toothbrush, Toothpaste & Floss
- Deodorant
- Soap / Body Wash
- Hair products
- Shaving Supplies
- Feminine Hygiene
- Makeup
- Glasses / Contact Lenses & Solution
- Medications (including daily vitamins)
- Pain Reliever (Aspirin, Motrin, etc.)

## Other:

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## Conference Day 1:

Outfit:

Shoes:

Accessories:

## Conference Day 2:

Outfit:

Shoes:

Accessories:

## Conference Day 3:

Outfit:

Shoes:

Accessories:

For packing advice or personal shopping/packing services visit: [www.TheStyleMedic.com](http://www.TheStyleMedic.com)

