

The Anti-Influencer Packing List



What I actually pack, what I regret packing, and what you can leave at home

Most packing lists are fantasy.

They're made for people who want to look organised online, not for people actually moving through airports, dragging bags across cities, sweating through bus stations, and learning the hard way what matters.

This guide is different.

It's the real packing list behind the trips — based on mistakes, experience, and the stuff that genuinely earns a place in my bag.

For travellers who want more freedom, less chaos, and no fake perfection.

Why this guide exists

Most travel advice sounds good until you actually travel.

You'll see endless lists telling you to pack more, prepare for every possible scenario, and somehow fit your entire life into one bag without losing your mind.

That's not how I travel.

And honestly, I don't think that's how most people travel either.

Real travel is messy. Plans change. Bags get heavy. You get tired. You realise half the stuff you packed was for some fantasy version of yourself, not the person actually carrying it.

So this isn't a "perfect traveller" checklist.

This is a practical, brutally honest guide to packing lighter, smarter, and with less nonsense.

What I actually pack

Documents and money

- Passport
- Bank card
- Backup card
- Small amount of cash
- Travel insurance details
- Booking confirmations
- Digital copies of important documents

Tech

- Phone
- Charger
- Power bank
- Universal adapter
- Headphones
- Laptop only if I genuinely need it
- Camera only if the trip actually requires it

Clothes

- Tops I'll actually wear
- A few bottoms max
- Underwear and socks
- One warm layer
- Sleepwear
- Comfortable shoes
- Flip flops if needed

- Swimwear if needed

Toiletries and health

- Toothbrush and toothpaste
- Deodorant
- Sunscreen
- Prescription medication
- Painkillers
- Basic skincare
- Small first aid essentials

Small things that save you

- Reusable water bottle
- Laundry bag
- Pen
- Tissues
- Padlock
- Offline maps
- Downloaded key information

Rule: if I have to convince myself to bring it, I probably don't need it.

What I stopped packing

These are the things I've packed before that usually weren't worth the space:

- Too many outfit choices
- Extra shoes "just in case"
- Full-size toiletries
- Bulky tech I barely used
- Random accessories
- Clothes that only work in one situation
- Things I packed for photos, not reality

A lot of bad packing comes from preparing for an imaginary trip.

Not the one you're actually about to live.

Truth: don't pack for your fantasy self.

Pack for the real version of you who will actually be carrying the bag.

Mistakes I've made so you don't have to

Packing too much

I used to think more options meant being more prepared.

It didn't.

It just made me slower, more stressed, and more irritated every time I had to move.

Bringing things for content, not usefulness

Some things looked good in theory, but did nothing for the actual trip.

If it's only there to make the trip look better online, it probably doesn't deserve the space.

Forgetting the boring essentials

Chargers. Adapters. Medication. Documents.

The least exciting items are usually the ones that cause the biggest problems when you forget them.

Packing for the person I wanted to be

Not for how I actually travel.

That mistake costs space, money, and energy.

My anti-influencer packing rules

- Pack lighter than you think you should
- Re-wear clothes without guilt

- Prioritise comfort over aesthetics
- Keep tech minimal
- Don't bring "maybe" items unless they solve a real problem
- Assume you can buy basics there if needed
- Pack for movement, not perfection
- Make every item earn its place

Less stuff = more freedom.

Less carrying. Less stress. Less decision fatigue. More actual travel.

Final truth

The best packing list isn't the longest one.

It's the one that makes your trip easier.

Less weight. Less chaos. Less pretending.

More freedom.

If you want more brutally honest travel advice, real stories, and the stuff people usually leave out, follow the journey here:

- Website: stafaislive.com
- YouTube: youtube.com/@stafaislive
- Instagram: instagram.com/stafaislive/?hl=en
- TikTok: tiktok.com/@stafa_is_live