



Packing Guide for Travel Nurses



We've thought of everything so you can focus on what you do best: caring for others!

Whether you're on your first assignment or a seasoned traveler, and whether you're headed to a bustling city or a remote northern community — being well-prepared makes for a smooth and successful experience. Our packing guide is designed to help you feel confident, comfortable, and assignment ready.

Happy packing!

Essentials

- ✓ Scrubs (enough for a 4 shift rotation)
- ✓ Stethoscope
- ✓ Professional ID + badges
- ✓ Badge reel, lanyard or ID holder
- ✓ Supportive work sneakers or clogs
- ✓ Watch with timer or second hand
- ✓ Water bottle & tea/coffee travel mug
- ✓ Zip up sweater/vest
- ✓ Pen light
- ✓ Compression socks
- ✓ Lunch bag
- ✓ Work tote bag

Comforts of Home

- ✓ Favorite snacks (protein bars, nut mix, treats)
- ✓ Travel size French press, or instant coffee/tea
- ✓ A good book or audiobook download
- ✓ Headphones
- ✓ Ear plugs & sleep mask
- ✓ Downloads of your favourite shows

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❄️ North-Ready Gear

★ (For remote or cold-weather contracts)

- ✓ Thermal base layers
- ✓ Insulated boots
- ✓ Quality winter coat, mitts + toques
- ✓ Headlamp or flashlight

★ (For power outages & dark winters)

💻 Work Tools

- ✓ Laptop or tablet
- ✓ Chargers + power banks
- ✓ Notebook
- ✓ Pens, highlighters, sharpies
- ✓ Portable Wi-Fi hotspot ★ (if needed in remote areas)
- ✓ Emergency contact # ★ (for home & agency support)
- ✓ Contract paperwork

♥️ Extras That Keep You Grounded

- ✓ Family photos
- ✓ Journal
- ✓ Small comfort items (cozy blanket, pillow, favorite mug)
- ✓ Stress relief tools (yoga mat, travel essential oil roller, resistance bands, or meditation app)
- ✓ Something that brings you joy (music, hobby gear, keepsakes)

Burn Bright Tip: Think in layers: Professional, Personal, Practical.

If it helps you work, rest, or feel at home, it deserves a spot in your bag.

Don't burn out. Burn Bright.

