

DAY-BY-DAY CLOTHING SUGGESTION FOR YOUR 10-DAY PORTUGAL TRIP



What to Wear: Daily Style Suggestions



July 21: Travel Day / Arrival in Coimbra

- Comfortable travel outfit: breathable pants or leggings, light t-shirt
- Sneakers or walking shoes
- Light jacket (airplanes and trains can be chilly)



July 22: Exploring Coimbra

- Light short-sleeved top
- Linen shorts or skirt
- Comfortable sandals or sneakers
- Sunglasses, hat, sunscreen

Activity ideas: University of Coimbra, Joanina Library – bring a shawl for cooler indoor spaces



July 23: Day Trip or More Coimbra Sights

- Casual dress or shorts and a top
- Lightweight daypack
- Swimsuit & towel if heading to nearby river beaches



July 24: Travel to Lisbon

- Stylish yet comfy outfit (trousers + blouse or polo shirt)
- Sneakers or slip-ons
- Light sweater for train AC



July 25: Lisbon Walking Tour (Alfama, Baixa, Chiado)

- Flowy, breathable outfit – skirt or cotton pants
- Supportive walking shoes (Lisbon's hills and cobblestones!)
- Sunhat, sunscreen, water bottle



July 26: Lisbon Museums + Fado Night

- Day: casual outfit for museums (MAAT, Calouste Gulbenkian)
- Evening: smart-casual dress or slacks + blouse for Fado dinner
- Light wrap or jacket (evening breeze)

July 27: Travel to Porto

- Comfy pants or skirt + top
- Easy-on shoes for train
- Sunglasses & book or podcast

July 28: Porto Riverside & Wine Tasting

- Dress or trousers with light top
- Comfortable walking shoes or espadrilles
- Sunglasses, hat, water

July 29: Optional Douro River Cruise or Day Trip

- Shorts + sleeveless top or sundress
- Swimsuit under clothes (if river tour)
- Sandals, sunscreen, hat

July 30: Leisure Day in Porto / Packing

- Casual and breathable outfit
- Flats or sandals
- Optional nicer outfit for a final dinner

July 31: Departure Day

- Comfortable travel clothes
 - Easy layers for flight or layovers
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PACKING LIST PORTUGAL 2025

This time of year, is **hot and sunny**, with average highs in the **high 20s to low 30s °C (mid-80s to low 90s °F)**, especially inland. Porto can be slightly cooler and breezy in the evening.

Essentials

- **Passport + Copies**
 - **Travel insurance documents**
 - **Credit/debit cards + some Euros**
 - **Driver's license / ID**
 - **Phone + charger**
 - **Portuguese SIM card or international plan**
 - **Travel guidebook / itinerary / reservation printouts**
 - **Sunglasses**
 - **Sun hat or cap**
 - **Reusable water bottle**
 - **Lightweight backpack or day bag**
 - **Travel umbrella (Lisbon and Porto may get brief showers)**
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Clothing

For 10 days in summer, with laundry every few days:

Tops

- 5–6 lightweight shirts or blouses
- 1–2 dressier tops for dinners
- 1 lightweight long-sleeve shirt (for sun protection or cooler evenings)

Bottoms

- 2–3 pairs of shorts or skirts
- 1–2 pairs of lightweight trousers or capris
- 1 pair of jeans or travel pants (for flights or cooler nights)

Dresses

- 1–2 summer dresses (especially nice for Lisbon and Porto evenings)

Layers

- 1 lightweight sweater or shawl
- 1 light jacket or windbreaker (it can get breezy in Porto)

Undergarments

- 7–10 pairs of underwear
- 2–3 bras (include one sports bra if hiking or walking)
- 3–4 pairs of socks

Sleepwear

- 1–2 sets of pajamas or sleepwear

Swimwear

- 1–2 swimsuits (for beach days or hotel pools)
 - 1 packable beach towel or cover-up
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Footwear

- 1 pair of comfortable walking shoes or sandals
 - 1 pair of nicer shoes for dinners
 - 1 pair of flip-flops (for beach or hotel)
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Toiletries

- Toothbrush, toothpaste, floss
 - Shampoo, conditioner, soap/body wash (travel size)
 - Razor & shaving supplies
 - Deodorant
 - Sunscreen (SPF 30+)
 - Face cleanser & moisturizer
 - Lip balm with SPF
 - Hairbrush or comb
 - Minimal makeup
 - Nail clippers & tweezers
 - Hand sanitizer & travel wipes
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Health & Medications

- Prescription medications (with copies of prescriptions)
 - Basic first-aid kit (band-aids, ibuprofen, antihistamines)
 - Motion sickness tablets (for buses or coastal roads)
 - Electrolyte packets (helpful in summer heat)
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Extras

- Travel adapter (Portugal uses **Type C & F plugs** – 230V)
 - Small power bank for phone
 - Camera (if separate from phone)
 - Book or e-reader
 - Travel journal or notebook
 - Zip-lock bags (for snacks or wet clothes)
 - Laundry bag or a few plastic bags
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Optional (but helpful)

- Light scarf or sarong (for churches or sun)
- Compact binoculars (for scenic views)
- Foldable tote bag (for shopping or beach)
- Travel clothesline or laundry soap (if washing clothes)
- Pocket Portuguese phrasebook or translation app