

Travel – Trip Pack & Prep Checklist

PRESCRIPTIONS & HEALTH AIDS

- Glasses + lens cleaner
- Contact lenses + R/L cases
- Contact solution
- Dentures + cream
- Denture case
- Sunscreen
- Dandruff shampoo
- Aspirin
- Ibuprofen
- Tylenol
- Feminine hygiene
- Reproductive
- Hearing Aid + batteries
- Prescription Medicines:

_____, _____, _____
_____, _____, _____

- Topical Solutions:

_____, _____, _____
_____, _____, _____

- Antacid
- Eyedrops
- Ointment(s)
- First Aid Kit(s)
- Epi-pens

Other:

_____, _____, _____
_____, _____, _____
_____, _____, _____

TOILETRIES/GROOMING

- Toothpaste
- Toothbrushes (x _____)
- Dental floss
- Hairbrushes
- Combs
- Travel shampoo
- Travel conditioner
- Zipper baggies
- Makeup +makeup bag
- Hair holders/clips
- Facial cleanser
- Q-Tips
- Flat/curling Iron
- Blowdryer
- Hair spray (travel pumps)
- Hair Gel(s)
- Shaving:

_____, _____, _____
 _____, _____, _____

- Manicure kit
- Moisturizer (travel)
- Deodorant(s)
- Perfume
- Cologne
- Sanitizer Wipes (travel)

Other:

_____, _____, _____
 _____, _____, _____
 _____, _____, _____
 _____, _____, _____

Jackets: (Outerwear)

| | | |
|-------|-------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

Shirts/tops:

| | | |
|-------|-------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

Pants:

| | | |
|-------|-------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |

Shorts:

| | | |
|-------|-------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

Sundress &skirts:

| | | |
|-------|-------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

Bras

Underwear

Socks

T-shirts (x _____)

Dress-wear:

| | | |
|-------|-------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |

Sleepwear

Blouses

Pullovers/sweaters

Swimsuits:

| | | |
|-------|-------|-------|
| _____ | _____ | _____ |
|-------|-------|-------|

- Spa wear
- Hats/Visors
- Sunglasses (x ____)
- Swim goggles
- Daybag/Tote bag
- Back-sack
- Travel wallet(s)
- Costume jewelry

Other:

| | | |
|-------|-------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

FOOTWEAR

- Shoes:

| | | |
|-------|-------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |

- Sandals:

| | | |
|-------|-------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

- Sneakers:

| | | |
|-------|-------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |

- Gel inserts (x _____)

- Flip-flops (4 inside: x _____)

DIETARY NEEDS/RESTRICTIONS

Food Allergies:

_____, _____, _____
_____, _____, _____
_____, _____, _____

- Vegan/Vegetarian
- Lactose/Dairy Intolerant
- Protein bars (on-the-go)
- Favorite snacks
- Breath mints
- Foldable Water bottle(s)

*Contact accommodations host to ensure any special dietary requirements can be met. **Notify your host of **all food allergies** before arrival.

TRAVEL DOCUMENTS

Passports:

_____, _____, _____
_____, _____, _____

Tickets &Reservations:

_____, _____, _____
_____, _____, _____
_____, _____, _____

Maps/Itinerary:

_____, _____, _____
_____, _____, _____
_____, _____, _____

IDs:

_____, _____, _____

Credit Cards:

_____, _____, _____

Cash

Other:

_____, _____, _____

_____, _____, _____

ELECTRONICS & DEVICES

Smart phone(s):

_____, _____, _____

Phone Charger(s):

_____, _____, _____

Laptop(s):

_____, _____, _____

Laptop Charger(s):

_____, _____, _____

Tablet(s):

_____, _____, _____

Tablet Charger(s):

_____, _____, _____

MP3 Player(s)/iPods:

_____, _____, _____

MP3/iPod Chargers (x ____)

Earbuds (x ____)

Camera

Camera charger/batteries

Camera memory card(s):

_____, _____, _____

Other:

_____, _____, _____

_____, _____, _____

*If travelling out-of-network/Int'l; you may want to suspend carrier service and just use your smart phone for WiFi.

Items get checked only as they go into the luggage. Highlight checked items that should/must **come back w/you; then pack this list and use it for your return packing.

Notes:

The Homefront/ Home Security

House-sitter

Instructions: bring-in mail, _____, _____
_____, _____, _____
_____, _____, _____
_____, _____, _____

Pet care

Delivery suspension:

_____, _____, _____
_____, _____, _____

Thermostat control

Garage (secured/locked)

Sprinklers

Unplug appliances

Indoor Timers:

_____, _____, _____
_____, _____, _____

Outdoor Timers:

_____, _____, _____

Solar stake lights

Windows (locked)

Alarm

Entrances (locked)

Keys

Notes: