This list is for a trip that’s at least seven days long. Whether our trip is a week or a month, we always pack just one week’s worth of clothes per person, and toss laundry soap and a clothesline in our bags.

to do before leaving
☐ check bank accounts
☐ turn A/C and/or heater down
☐ turn down water heater
☐ set up mail service
☐ set up pet service
☐ pay bills
☐ ________________________________
☐ ________________________________
☐ ________________________________
☐ ________________________________
☐ ________________________________

documents & essentials
☐ keys
☐ driver’s license
☐ debit and/or credit cards
☐ membership cards (AAA, etc.)
☐ passports
☐ copy of hotel reservation
☐ emergency phone list
☐ map
☐ ________________________________
☐ ________________________________
☐ ________________________________
☐ ________________________________
☐ ________________________________

vehicle prep
☐ pre-trip check at auto mechanic
☐ quart of oil
☐ jug of water
☐ jumper cables
☐ spare tire
☐ ice scraper
☐ proof of insurance
☐ ________________________________
☐ ________________________________
☐ ________________________________

technology
☐ mp3 player & charger
☐ laptop & power cord
☐ portable speakers
☐ camera, still
☐ camera, video
☐ camera batteries & charger
☐ cell phones & charger
☐ GPS and charger
☐ memory cards
☐ card reader
☐ thumbnail drive
☐ extra batteries
☐ ________________________________
☐ ________________________________
☐ ________________________________

entertainment
☐ books for grownups
☐ books for kids
☐ magazines
☐ downloaded music, movies, and audiobooks for grownups
☐ downloaded music, movies, and audiobooks for kids
☐ journals/pens
☐ travel games
☐ cards
☐ ________________________________
☐ ________________________________
☐ ________________________________

first aid & medication
☐ vitamins
☐ prescriptions
☐ airborne
☐ herbal supplements and/or tea
☐ cold medicine for adults
☐ cold medicine for kids
☐ allergy medicine for adults
☐ allergy medicine for kids
☐ pain reliever for adults
☐ pain reliever for kids
☐ band-aids
☐ anti-bacterial ointment
☐ disinfecting wipes
☐ anti-itch cream
☐ tweezers
☐ gauze
☐ ________________________________
☐ ________________________________
☐ ________________________________
1 week's worth of clothes (for women)
- 3-4 jeans, pants, shorts, or skirts
- 7 shirts - long & short sleeved for layering
- 1 dress
- 1 cardigan
- 1 swimsuit
- 1 hat
- 1 set of exercise clothes
- 2 sets of pajamas
- 7 pairs of underwear
- 3 bras
- 7 pairs of socks (or less, depending on the weather)
- 1 pair comfortable walking shoes
- 1 pair sandals or flip-flops
- 1 pair nicer shoes
- __________________________________________
- __________________________________________
- __________________________________________

if it's cold, add:
- 1-2 sweaters
- 1 pair tights
- gloves or mittens
- scarf
- winter hat
- thermals/long underwear
- coat and/or jacket
- thicker socks
- __________________________________________
- __________________________________________
- __________________________________________

1 week's worth of clothes (for men)
- 3-4 jeans, pants, or shorts
- 7 shirts - long & short sleeved for layering
- 1 lightweight pullover
- 1 swimsuit
- 1 hat
- 1 set of exercise clothes
- 2 sets of pajamas
- 7 pairs of underwear
- 7 pairs of socks (or less, depending on the weather)
- 1 pair comfortable walking shoes
- 1 pair sandals or flip-flops
- 1 pair nicer shoes
- __________________________________________
- __________________________________________
- __________________________________________

accessories
- sunglasses
- sun hat
- umbrella
- belt
- scarf
- jewelry
- watch
- wallet
- purse
- __________________________________________
- __________________________________________
- __________________________________________

toiletries
- soap for adults (we do unscented Dr. Bronner’s for everybody)
- soap for kids
- shampoo for adults (we do baking soda and water for everybody)
- shampoo for kids
- conditioner for adults (we do apple cider vinegar for everybody)
- conditioner for kids
- lotion
- hair care products
- hair dryer
- razors
- face cleanser
- face moisturizer
- washcloth
- sponge and/or pouf
- contacts and supplies
- glasses
- toothpaste
- toothbrushes
- floss
- deodorant
- perfume
- mouthwash
- brush and/or comb
- lip balm (I use lanolin)
- feminine hygiene supplies
- makeup
- nail clippers
- sunscreen
- eyedrops
- __________________________________________
- __________________________________________
- __________________________________________

toiletries
- __________________________________________
- __________________________________________
- __________________________________________

1 week's worth of clothes (for kids)
- 3-4 jeans, pants, shorts, or skirts
- 7 shirts - long & short sleeved for layering
- 1 lightweight pullover or cardigan
- 1 swimsuit
- 1 hat
- 1 set of okay-to-get-muddy clothes
- 2 sets of pajamas
- 10 pairs of underwear
- 7 pairs of socks (or less, depending on the weather)
- 1 pair comfortable walking shoes
- 1 pair sandals or flip-flops
- 1 pair nicer shoes
- __________________________________________
- __________________________________________
- __________________________________________

feminine hygiene supplies

makeup

nail clippers

sunscreen

eyedrops
- __________________________________________
- __________________________________________
- __________________________________________

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### Kid Gear
- Sippy cups and/or water bottles
- Travel games
- Coloring books
- Blank drawing books
- Journals
- Pens and/or pencils
- Markers, crayons, and/or colored pencils
- Stickers
- Stuffed animal
- Blanket
- Pillow
- Misc. craft supplies
- Maps
- Kid-friendly camera
- Invisibility shield, for use during backseat fights

### Baby Gear
- Pack-n-play
- Pack-n-play sheets
- Diaper bag
- Changing pad
- Diaper cream
- Diapers
- Wipes
- Wet bag and/or plastic bags
- Travel high chair
- Pacis
- Gas drops
- Burp cloths
- Bibs
- Carrier/sling
- Stroller
- Breastpump
- Bottles
- Formula
- Lanolin
- Baby monitor

### Food & Eating Gear
- Water bottles
- Travel coffee mugs
- Cooler
- Ice
- Plates, 1 per person
- Cups, 1 per person
- Bowls, 1 per person
- Set of utensils, 1 per person
- Bottle opener
- Corkscrew
- Dish soap
- Small knife
- Napkins
- Outdoor tablecloth
- Snacks
- Simple picnic food

### Miscellaneous
- Reusable shopping bags
- Extra packing bag
- Day packs/backpacks
- Pillows
- Dish soap
- Laundry soap
- Clothesline and/or twine
- Clothespins
- Plastic bags
- Ziploc-type bags
- Universal sink stopper (or half a tennis ball)
- Toilet paper
- Paper towels and/or napkins
- Water bottles
- Towel

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