

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
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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- \_\_\_\_\_

### documents & essentials

- keys
- driver's license
- debit and/or credit cards
- membership cards (AAA, etc.)
- passports
- copy of hotel reservation
- emergency phone list
- map
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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### vehicle prep

- pre-trip check at auto mechanic
- quart of oil
- jug of water
- jumper cables
- spare tire
- ice scraper
- proof of insurance
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- \_\_\_\_\_
- \_\_\_\_\_

### 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
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- \_\_\_\_\_
- \_\_\_\_\_

## 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
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## 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
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- \_\_\_\_\_
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## 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
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## accessories

- sunglasses
- sun hat
- umbrella
- belt
- scarf
- jewelry
- watch
- wallet
- purse
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- \_\_\_\_\_
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## 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
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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
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- \_\_\_\_\_
- \_\_\_\_\_

## *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
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- \_\_\_\_\_
- \_\_\_\_\_

## *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
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- \_\_\_\_\_
- \_\_\_\_\_

## *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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