Remindher

FREE PRINTABLE CHECKLIST

The Family Vacation Packing Checklist

Everything a family needs — by category and trip type. Assign each person their own bag, tick as you go, and nothing lands on one parent by default.

Trip / Destination _____

Dates _____

Who packs for whom _____

👕 Clothing & Shoes

- [ ] Tops / t-shirts (1 per day)
- [ ] Bottoms / shorts
- [ ] Underwear + socks (1 per day +2)
- [ ] Pajamas
- [ ] 1–2 dressier outfits
- [ ] Light jacket / layer
- [ ] Comfortable walking shoes
- [ ] Flip-flops / sandals
- [ ] Sunglasses + hat
- [ ] Belt / accessories

🧴 Toiletries & Grooming

- [ ] Toothbrush + toothpaste
- [ ] Deodorant
- [ ] Shampoo + conditioner
- [ ] Body wash / soap
- [ ] Skincare + moisturizer
- [ ] Sunscreen (SPF 30+)
- [ ] Hairbrush + hair ties
- [ ] Razor + shaving cream
- [ ] Makeup + remover
- [ ] Contact lenses + solution

💊 Health & Medications

- [ ] Prescription meds (+ extra days)
- [ ] Pain relievers
- [ ] Allergy meds / antihistamine
- [ ] Band-aids + antiseptic
- [ ] Motion-sickness tablets
- [ ] Vitamins
- [ ] Hand sanitizer
- [ ] Thermometer
- [ ] Insurance / health card
- [ ] First-aid basics

📄 Documents & Money

- [ ] Passports / IDs
- [ ] Boarding passes / tickets
- [ ] Hotel + booking confirmations
- [ ] Travel insurance details
- [ ] Credit / debit cards
- [ ] Some local cash
- [ ] Driver's license
- [ ] Emergency contact list
- [ ] Copies of key documents
- [ ] Visa (if required)

🔌 Tech & Chargers

- [ ] Phone + charger
- [ ] Portable power bank
- [ ] Headphones / earbuds
- [ ] Travel adapter / converter
- [ ] Camera + charger
- [ ] Tablet / e-reader
- [ ] Charging cables (spare)
- [ ] Kids' tablet + headphones
- [ ] Laptop (if needed)
- [ ] Car charger

🧸 Kids & Baby

- [ ] Diapers + wipes
- [ ] Formula / snacks + bottles
- [ ] Comfort object / lovey
- [ ] Extra outfits (spills happen)
- [ ] Stroller / carrier
- [ ] Kids' meds + thermometer
- [ ] Books / small toys
- [ ] Swim diapers
- [ ] Sippy cups
- [ ] Baby monitor (if driving)

👛 Carry-On Essentials

- [ ] Meds + valuables (never checked)
- [ ] One change of clothes each
- [ ] Snacks + empty water bottle
- [ ] Chargers + power bank
- [ ] Entertainment (kids + you)
- [ ] Wet wipes + tissues
- [ ] Travel documents
- [ ] Neck pillow
- [ ] Gum / earplugs
- [ ] Basic toiletries (3–1–1)

🏄 Add-Ons by Trip Type

- [ ] Beach: swimsuits, towels, goggles
- [ ] Beach: beach bag + toys
- [ ] Winter: coats, gloves, thermals
- [ ] Winter: lip balm + heavy socks
- [ ] Cruise: formal outfit + lanyard
- [ ] Road trip: cooler + car games
- [ ] Hiking: backpack + water shoes
- [ ] Int'l: adapter + currency
- [ ] Rain: umbrella / poncho
- [ ] Laundry bag for dirty clothes

🏠 Before You Leave the House

- [ ] Take out the trash
- [ ] Empty the fridge of perishables
- [ ] Adjust thermostat / AC
- [ ] Lock all windows + doors
- [ ] Pause mail / package delivery
- [ ] Set light timers
- [ ] Unplug non-essential electronics
- [ ] Water the plants / arrange care
- [ ] Arrange pet care
- [ ] Leave a key + itinerary with someone

The packing mental load: in most families one person packs for everyone. Give each capable family member their own list and their own bag — a shared owner per person is what actually lightens the load.

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