

## MomsToolbox Packing List- One Week Trip

*Here's what I pack for me and the three kiddos for an average one week trip:*

- |   |  |
|---|--|
| 3 coordinating/ mix and match outfits for each of us                                      | Nighttime lovies   |
| Underwear (4 pairs for each child)  | Bible  |
| 2 pairs of pajamas for each   | Journal  |
| Pull-ups as needed for bedtime  | Books I hope to read (I can dream... Sometimes it happens.)                              |
| Any special outfits as needed   | Laptop and charger (I typically carry this, though.)                                     |
| Exercise clothing   | All appropriate chargers   |
| Weather appropriate clothing/ gear (i.e. jackets or swim suits and all the accoutrements) | Camera (I typically carry this, though.)   |
| 3 pairs socks   | Purse (I pack this in my suitcase and carry a backpack in transit to keep my hands free) |
| shoes   | Carry on stuff (If interested in this, please check my post on this for the details.)    |
| sandals (if appropriate)  |  |
| Emergency med stash:  |  |
| • Children's Benadryl, Claritin, Tylenol and Motrin                                       |  |
| • Triaminic   |  |
| • Thermometer   |  |
| • Bandages  |  |
| • Alcohol rubs  |  |
| • Dosage cups   |  |
| • Dosage list for each child  |  |
| • Grown-up Advil  |  |
| Regular meds  |  |
| Nail clippers   |  |
| Contact lens container, cleaner   |  |
| Glasses   |  |
| Sunglasses  |  |
| Makeup  |  |
| Makeup remover  |  |
| Hair cream  |  |
| Cetaphil face soap (can also use for kids/ babies)  |  |
| Face lotion   |  |
| Sunscreen and/ or bug repellent as needed   |  |
| Toothbrushes  |  |
| Toothpaste  |  |
| Kid toothpaste  |  |
| Floss   |  |
| Kid flossers  |  |
| Brushes and hair accessories  |  |
| Flashlight and booklight  |  |
| Nightlight  |  |
| Masking tape and Sharpie  |  |
| iPod (with lullabies loaded)  |  |
| iPod speakers   |  |
| a few toys to play with at our destination  |  |
| a few books, including bedtime stories  |  |

### **A few things I do to prepare/ pack:**

- Pack bags to check (and check weight)
- Pack each child's carry-on bag
- Pack my carry-on bag
- Charge all electronics
- Clear camera memory card and backup as needed
- Sync iPod
- Coordinate house/ animal care
- Empty trash
- Give away, trash or refrigerate any produce on the counters
- Unload dishwasher and rinse or wash anything remaining
- Print boarding passes and travel notes
- Figure out my car seat/ booster plan
- Pray for safe and rewarding travels