

# Travel Splash

(<http://www.travelsplash.net>)

## *Vacation Checklist – Mom's Packing List*

NOTE: This is a packing list based on one week. If you are traveling for a longer period of time, you should adjust as needed or be prepared to do laundry.

### *Clothing*

- 5-7 shirts/tops
- 3-4 Pants/Jeans
- 2-3 Shorts
- Bras
- Underwear
- Sweatshirt
- Dress/Nice Outfit
- 1-2 Swimsuits
- Beach Cover-up
- Sweater
- Sandals
- Water Shoes
- Sneakers
- Dress Shoes
- PJs
- 4-5 Pairs of Socks
- Jewelry/Watch

*Toiletries* – You don't need to take everything you MIGHT need unless you are traveling to a part of the world where you cannot get certain supplies. Remember, there are stores.

- Allergy Medicine
- Pain Relievers
- Sleep Medicine
- Vitamins/Supplements
- Nausea/Diarrhea Medication
- Toothbrush/Toothpaste/Floss
- Extra Contacts, Case and Contact Solution
- Prescription Glasses
- Razor
- Body Wash
- Hair Care Products (Shampoo/Conditioner/Mousse)
- Feminine Hygiene Products

- Cosmetics
- Tweezers
- Daily Face Care items
- Deodorant
- Insect Repellant
- Sunscreen
- Perfume
- Nail File

*Carry On Bag*

- Feminine Hygiene Products
- Medicines needed (Pain Reliever, Prescriptions, etc.)
- Contact Case
- Sunglasses
- Gum
- Cell Phone and Charger
- Laptop and Charger
- Snacks
- Earphones
- TSA Approved Ziplock bag with Contact Solution, Lotion, Hand Sanitizer, Hand Wipes, Lip Balm
- Comb/Brush
- Book/Kindle
- Credit Cards/Debit Card
- Passport/ID
- Cash
- Vacation Travel Binder