

Family vacation packing list

7 nights

Hot weather

Checked bag

With kids

DOCUMENTS & MONEY

- ☐ Photo ID (REAL ID or passport)
US flights: REAL ID, passport or other TSA-accepted ID
- ☐ Boarding passes or e-tickets
- ☐ Itinerary and booking confirmations
Save offline copies on your phone
- ☐ Health insurance card
- ☐ Credit and debit cards
- ☐ Some cash in small bills
- ☐ Emergency contact list
Written down, not only in your phone
- ☐ Frequent flyer and hotel numbers
- ☐ Theme park tickets or reservations

TECH & CHARGERS

- ☐ Phone and charger
- ☐ Spare charging cable
- ☐ Multi-port USB charger
- ☐ Portable charger / power bank
Carry-on only, never in checked bags
- ☐ Headphones or earbuds
- ☐ Tablet or e-reader
Load books and shows before you go
- ☐ Downloaded shows, music and maps

CLOTHING

- ☐ Underwear x8
Plan one laundry stop on longer trips
- ☐ Socks x8
- ☐ T-shirts and tops x6
Mix and match; plan to re-wear
- ☐ Pants, jeans or skirts x3
Re-wear bottoms; they get dirty less
- ☐ Shorts or light skirts x3
- ☐ Tank tops or sleeveless tops x3

CLOTHING (CONT.)

- ☐ Light long-sleeve shirt x1
Sun cover and cold air-conditioning
- ☐ Sun hat or cap
- ☐ Sunglasses
- ☐ Pajamas or sleepwear x2
- ☐ One spare outfit for emergencies
Spills, delays, a sudden weather change
- ☐ Light breathable clothes
- ☐ Spare outfit for wet rides x1
- ☐ Light scarf or wrap
Cabins can get cold
- ☐ Laundry bag
- ☐ Laundry detergent sheets or packets
Handy for a sink wash or laundromat

SHOES

- ☐ Comfortable walking shoes
- ☐ Sandals or flip-flops
- ☐ Water shoes
Helpful on rocky shores
- ☐ Shoe bags
Keeps dirty soles off clothes

TOILETRIES

- ☐ Liquids in a 1-quart clear bag
Containers 3.4 oz (100 ml) or smaller, carry-on
- ☐ Toothbrush and toothpaste
- ☐ Floss
- ☐ Deodorant
- ☐ Shampoo and conditioner
Hotels often supply these
- ☐ Body wash or soap
- ☐ Hairbrush or comb
- ☐ Hair ties and clips

 TOILETRIES (CONT.)

- ☐ Hair dryer or styling tools
Most hotels have a dryer
- ☐ Razor
- ☐ Face wash and moisturizer
- ☐ Makeup and remover
- ☐ Lip balm with SPF
- ☐ Period products
Pack a few extra in case of a surprise
- ☐ Contact lenses and solution
- ☐ Spare glasses
- ☐ Nail clippers and tweezers
- ☐ Toiletry bag
Hanging style frees up counter space
- ☐ Shaving cream

 HEALTH & SAFETY

- ☐ Basic first-aid kit
Bandages, antiseptic wipes, tape
- ☐ Pain reliever
- ☐ Antihistamine or allergy medicine
- ☐ Broad-spectrum sunscreen (SPF 30+)
Flying: bottles over 3.4 oz go in checked bags
- ☐ After-sun lotion or aloe gel
- ☐ Blister bandages
- ☐ Electrolyte packets
- ☐ Hand sanitizer and wipes
- ☐ Digital thermometer

 BEACH & POOL

- ☐ Swimsuit x4
One drying while you wear the other
- ☐ Cover-up or sarong
- ☐ Beach towel
Quick-dry packs smaller; hotels often lend towels
- ☐ Beach bag
- ☐ Rash guard or swim shirt
- ☐ Swim goggles

 BEACH & POOL (CONT.)

- ☐ Wet bag for damp swimwear
- ☐ Waterproof phone pouch
- ☐ Snorkel gear (optional)
Rentals are common at beach destinations
- ☐ Beach games or frisbee
- ☐ Soft cooler bag

 THEME PARK

- ☐ Rain poncho
Cheaper than buying one at the park
- ☐ Cooling towel or portable fan
- ☐ Small crossbody bag or belt bag
Check the park bag policy
- ☐ Empty reusable water bottle
Check the park bottle rules
- ☐ Snacks for the lines
Check the park food policy
- ☐ Small battery pack for photos and apps
- ☐ Ear protection for loud shows

 KIDS

- ☐ Kids' underwear x9
- ☐ Kids' socks x8
- ☐ Kids' tops x8
- ☐ Kids' pants or shorts x4
- ☐ Kids' pajamas x3
- ☐ Kids' spare outfit x2
Pack one in the carry-on or day bag
- ☐ Kids' swimsuits x2
- ☐ Kids' sun hat
- ☐ Kids' extra shoes or sandals
- ☐ Favorite toy or stuffed animal
- ☐ Activity books, crayons, stickers
New items hold attention longer
- ☐ Kids' tablet with downloaded shows
- ☐ Kids' volume-limited headphones
- ☐ Snacks for the journey

 KIDS (CONT.)

- ☐ Travel games and playing cards
- ☐ Kids' toothbrush and toothpaste
- ☐ Children's pain and fever reliever
Ask your pediatrician about doses
- ☐ Kids' water bottle
- ☐ Wipes and spare zip bags
For spills, sticky hands, and car sickness
- ☐ Kids' life jackets
Often available to rent at the destination

 BABY & TODDLER

- ☐ Diapers or pull-ups x32
Pack a day or two extra
- ☐ Baby wipes
- ☐ Diaper bag
- ☐ Portable changing pad
- ☐ Diaper rash cream
- ☐ Toddler outfits x8
Include extras for spills
- ☐ Toddler pajamas x3
- ☐ Toddler snacks and sippy cup
- ☐ Pacifiers (spares) x2
- ☐ Favorite blanket or lovey
Keep soft items out of a baby crib
- ☐ Baby carrier or sling
- ☐ Stroller
Many airlines gate-check strollers free; confirm
- ☐ Car seat
Check airline and rental car rules
- ☐ Portable crib or play yard
Many hotels offer cribs; ask ahead
- ☐ Baby-safe sunscreen
Under 6 months: shade first, ask your pediatrician
- ☐ Swim diapers x3
Not allowed in cruise or hotel pools; ask first
- ☐ Infant pain and fever reliever
Pediatrician sets dose; no ibuprofen under 6 months
- ☐ Baby monitor

 BABY & TODDLER (CONT.)

- ☐ Travel potty seat
Optional, if potty training
- ☐ Spare top for the parent
Spit-up happens

 CARRY-ON BAG

- ☐ Empty reusable water bottle
Fill it after the security checkpoint
- ☐ Snacks
Solid foods pass security; spreads count as liquids
- ☐ Neck pillow
Optional for flights over a few hours
- ☐ Eye mask and earplugs
- ☐ Book, e-reader or downloads
- ☐ Spare underwear and top in carry-on
In case your checked bag is delayed
- ☐ Lip balm and hand cream
Cabin air is dry
- ☐ Tissues
- ☐ Spare zip-top bags
- ☐ Valuables and electronics in carry-on
- ☐ Gum or lozenges for ear pressure
- ☐ Light layer for the cabin

 EXTRAS

- ☐ Day bag or small backpack
- ☐ Foldable tote bag
Doubles as a souvenir bag
- ☐ Packing cubes
One per category keeps bags tidy
- ☐ Luggage tags with contact info
Add a card inside the bag too
- ☐ TSA-recognized luggage lock
Optional
- ☐ Book or travel journal
- ☐ Mini sewing and safety pin kit
- ☐ Small gifts for hosts
- ☐ Playing cards or travel game
- ☐ Pen and notepad

✓ BEFORE YOU LEAVE HOME

- NOTES

- ☐ Phone and charger
- ☐ Wallet, cards and some cash
- ☐ Passport or photo ID
- ☐ Boarding pass or tickets
- ☐ Medications and glasses
- ☐ House keys
- ☐ Empty water bottle
Fill it after security
- ☐ Snacks
- ☐ Headphones
- ☐ Power bank in your carry-on
- ☐ Check stove, lights and appliances
- ☐ Lock doors and windows
- ☐ Check flight or train status
- ☐ Allow extra time to get there
Allow more for international flights
- ☐ Kids' comfort items and snacks
- ☐ Count your bags before you leave
- ☐ Take out the trash