

## FLIGHTS

### *Backpack*

- Front: glasses, supplements (digestive, magnesium), lint roller & refill, tissues, AirPods, chargers (laptop, phone, travel plug, travel battery), silk sleep mask
- Main: extra Ziploc bags, travel pillow, noise-canceling headphones, scarf (use as blanket), purse (ibuprofen, sunglasses, keys, brush), water bottle (empty), snacks
- TSA toiletry bag: toothpaste, moisturizer, hair product, extra contacts, make-up, eye drops, eye spray, face wash, shampoo, body wash, toner, body lotion, small hand soap, saline, hand sanitizer, sunscreen, stain remover pen
- Laptop, phone

### *Carry-on*

- Non-TSA toiletry bag: toothbrush, contacts case, foam earplugs, earrings, tweezers, razor, nail clippers, floss picks, cotton buds, comb, hair accessories, Band-Aids, gua sha, MUJI cotton, loofah, deodorant
- Clothing: bras, underwear, socks, outfits, pajamas, coat/jacket
- Shoes, travel slippers
- BAGGU for dirty laundry

### *Depending on trip*

- Book, Kindle & charger
- Blow dryer, fabric steamer, folding backpack
- Bathing suit & cover-up, hat, gloves, umbrella, rain jacket
- Metro pass holder, storage for receipts, cash, business cards
- Passport & copy of passport

## GROUND TRAVEL

- Toiletry case: toothbrush, toothpaste, contacts case, moisturizer, hair product, earrings, tweezers, razor, nail clippers, floss picks, cotton buds, extra contacts, comb, brush, hair accessories, Band-Aids, make-up, gua sha, eye drops, eye spray, face wash, shampoo, body wash, toner, body lotion, small hand soap, MUJI cotton, loofah, deodorant
- Saline, glasses, lint roller & refill, silk sleep mask, foam earplugs
- Laptop, phone, AirPods, chargers (laptop, phone, travel plug, travel battery)
- Clothing: bras, underwear, socks, outfits, pajamas, coat/jacket
- Shoes, travel slippers
- BAGGU for dirty laundry
- Purse (ibuprofen, sunglasses, keys, tissues, hand sanitizer)
- Water bottle, snacks, supplements (digestive & magnesium)

### *Depending on trip*

- Bed pillows
- Book, Kindle & charger
- Blow dryer, fabric steamer, folding backpack
- Bathing suit & cover-up, hat, gloves, umbrella, rain jacket
- Metro pass holder, storage for receipts, cash, business cards
- Large hand soap, dish soap, laundry detergent, stain remover
- Train: noise-canceling headphones, travel pillow
- Beach/Roanoke: paper towels, sunscreen, bug spray, pop-up tent, beach towels, slides, swim shoes

## PRE-TRIP CHECKLIST

*Day before*

KZ

- Wash clothing
- Wash linens
- Vacuum & dust
- Begin to pack
- Charge water bottle & devices

JF

- Clean rabbit cages
- Make sure rabbits have supplies
- Begin to pack
- Charge water bottle & devices
- Empty fridge

*Day of*

KZ

- Fold clothing
- Finish packing
- Shut off iMac
- Close living room blinds

JF

- Finish packing
- Wash & put away dishes
- Take out trash
- Pack food/fridge

## *Notes*

- + Houston: bring short sleeves if mostly in the house
- + NYC: bring light jacket & scarf if between 50 & 60 degrees
- + LA/renting car: bring extra USB phone charger