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