



Step 1: File

Step 2: Copy

Step 3: Rename

Family items:

- ☐ Reusable water bottles
- ☐ Umbrella
- ☐ Laundry bag
- ☐ Laundry detergent
- ☐ Garbage bag
- ☐ Hand sanitizer
- ☐ Phone charger
- ☐ Chargers
- ☐ Gum
- ☐ Ear plugs
- ☐ headphones/ earbuds
- ☐ Day bag/tote
- ☐ Flashlight
- ☐
- ☐
- ☐

Sleep Items:

- ☐ Portable crib/ Cot/ air mattress
- ☐ Sleep sack
- ☐ Sheets
- ☐ Lovey
- ☐ Sound machine
- ☐ Night light
- ☐ Humidifier
- ☐
- ☐
- ☐

Baby Gear:

- ☐ Car seat/ base
- ☐ Stroller
- ☐ Carrier
- ☐ Toys
- ☐ Books
- ☐ Grab & Go centers
- ☐
- ☐

Feeding items:

- ☐ Bottles
- ☐ Formula
- ☐ Bottle brush
- ☐ Breast pump
- ☐ Pumping accessories
- ☐ cooler/ ice packs
- ☐ Baby food
- ☐ Snacks
- ☐ Bibs
- ☐ Sippy cups
- ☐ Small bowl & spoon
- ☐ Teething toys
- ☐ Ziploc bag/s
- ☐
- ☐
- ☐

Child Care & toiletries:

- ☐ Diapers
- ☐ Wipes
- ☐ Diaper rash cream
- ☐ Pull Ups/ training pants
- ☐ soap / baby wash
- ☐ Baby lotion
- ☐ Towel & washcloths
- ☐ Toothbrush/ Toothpaste
- ☐ hairbrush/ comb
- ☐ Hair ties/ bows
- ☐ Allergy meds
- ☐ tylenol/ Ibuprofen
- ☐ Sunscreen
- ☐ Vitamins
- ☐ Bug spray
- ☐ First aid kit
- ☐
- ☐
- ☐

Clothing for Child 1:

- ☐ Shirts
- ☐ Pants
- ☐ Socks
- ☐ Sweatshirt
- ☐ jacket/ coat
- ☐ Underwear
- ☐ Shoes
- ☐ Hat/ visor
- ☐ Pajamas
- ☐ Swim suit
- ☐ shoes
- ☐ Sunglasses



Loving Lessons Packing List

Clothing for Child 2 :

- ☐ Shirts
- ☐ Pants
- ☐ Socks
- ☐ Sweatshirt
- ☐ jacket/ coat
- ☐ Underwear
- ☐ Shoes
- ☐ Hat/ visor
- ☐ Pajamas
- ☐ Swim suit
- ☐ shoes
- ☐ Sunglasses
- ☐
- ☐
- ☐

Clothing for Parent 1 :

- ☐ Shirts
- ☐ Pants
- ☐ Socks
- ☐ Sweatshirt
- ☐ jacket/ coat
- ☐ Underwear
- ☐ Shoes
- ☐ Hat/ visor
- ☐ Pajamas
- ☐ Swim suit
- ☐ shoes
- ☐ Sunglasses
- ☐
- ☐

Clothing for Parent 2:

- ☐ Shirts
- ☐ Pants
- ☐ Socks
- ☐ Sweatshirt
- ☐ jacket/ coat
- ☐ Underwear
- ☐ Shoes
- ☐ Hat/ visor
- ☐ Pajamas
- ☐ Swim suit
- ☐ shoes
- ☐ Sunglasses
- ☐
- ☐
- ☐

Toiletries:

- ☐ Make up
- ☐ jewelry
- ☐ Toothbrush/toothpaste
- ☐ Dental floss
- ☐ Mouthwash
- ☐ Mouthguard
- ☐ Eye makeup remover
- ☐ Cotton balls
- ☐ Q-tips
- ☐ Coconut oil
- ☐ lotion
- ☐ Nail clipper
- ☐ shampoo/ conditioner
- ☐ Hair products

- ☐ Hair dryer
- ☐ Soap/ Wash
- ☐ pads/ tampons
- ☐ Nail file
- ☐ Nail clipper
- ☐ Glass case
- ☐ Contact lens solution
- ☐ Razor
- ☐ Shaving cream
- ☐ Tweezers
- ☐

Other items:

- ☐ Computer
- ☐ Electronics
- ☐ Journal
- ☐ Book
- ☐
- ☐
- ☐



Key Questions to answer before you travel:

1. Where are you staying?
2. What are the sleep arrangements?
3. Packing list- what do you really need to bring?
4. What can you borrow or have available when you arrive?

More tips to simplify travel:

- Personalize the packing list. Add names, colors, and quantities of things as you like. Add items that are essential for you. The first time you use this list, add and delete as you need.
- While you are away or when you return, update and add any other items that would be helpful for you on your packing list.
- Use [packing cubes](#) to organize each person's items. It makes it easy to pack and unpack.
- Pack a [hanging toiletry bag](#) with all the toiletry essentials you may need for you and your family (medicines, nail file, tweezers, shampoo, conditioner, etc....) Pack it once. Restock it when you return for travels so it's ready to go for your next trip.
- Include your child when you can. Toddlers and preschoolers love being helpers. Gather all items during a wakeful playtime. This is a great way to include your child and prepare them for traveling.
- For school age children, print off the checklist and allow them to help gather items. They can also practice folding or rolling clothes too. OR You can share the Google doc with them so they can personalize their packing list and have an online checklist.
- Borrow baby gear from friends or family at the destination you are traveling to. Call the hotel to see what items are available for your use.
- Be prepared with Grab & Go centers for play on the go.
- Pause, Breathe, and Enjoy your travels!



Some of my favorite things:

- ★ [Packing cubes](#)
- ★ [Hanging toiletry bag](#)
- ★ [Hatch night light & sound machine](#)
- ★ [Sleepout Darkening Shade](#)
- ★ [Lotus pack n play](#)
- ★ [Air mattress](#)
- ★ [Portable cot](#)

Special Note:

I only recommend products I would use myself and all opinions expressed here are my own. This guide, email, blog, and website may contain affiliate and partner links that are of no additional cost to you, and I may earn a small commission for sharing.