

Family Vacation Checklist



Clothing for Destination

- Water Shoes
- Shirts, Pants, Shorts
- Socks, Underwear, + Extras
- Sweater or Jacket
- Dressy Clothes for Dining
- Rain gear
- Sandals or Worn-in Walking Shoes
- Swim Suits or Trunks (3 or more)
- Hat (for blocking sun/rain)
- Pajamas
- Fleece Sweaters
- Dress Shoes
- Bibs for Baby (if needed)
- Waterproof Watch

Kid Essentials

- Goggles
- Inflatable Beach Toys
- Books, Magazines or E-books
- Travel Blanket
- Zip-up Bags with Snacks
- Diaper Ointment
- Diapers & Diaper Bag (if needed)
- Backpacks
- Kid-Friendly Shampoo & Conditioner

Cooking Gear (If not in hotel/resort)

- Food
- Stove & Fuel
- Cook kit (pot,pan,etc)
- Cooking utensils
- Cup
- Bowl or plate
- Spork
- Dish soap

Essentials / First Aid

- Pocketknife
- First-Aid Kit
- Anti-diarrhea medication
- Antacids
- BENADRYL® Itch Spray for bites
- Children's BENADRYL® Liquid for allergic reactions
- Anti-nausea medicine
- Antibacterial cream
- Pain Relievers
- Rehydration fluids
- Pencil & Paper
- Sunscreen & Sunglasses
- Plastic Bags
- Map & Compass
- Flashlight w/extra batteries
- Water Bottle or Canteen
- Hand Sanitizer
- Emergency Blanket

Toiletries

- Sunscreen (Travel & Full-size for Checked Bag)
- Toothbrush & Toothpaste
- SPF Lotion & Lip Balm
- Make-Up
- Comb/Brush
- Aloe Vera Gel
- Make-Up Remover Wipes
- Deodorant
- Body Lotion
- Facial Cleanser
- Contact Lens Solution (if needed)
- Razor & Shave Gel
- Hair Ties/Hair Products
- Hair Spray

Miscellaneous

- Emergency Contact Info
- Insect Repellent
- Sunglasses
- Watch
- Emergency Coins
- Chargers for Electronics
- Snacks / Trail Food
- Extra Moleskin
- Beach Bag
- Beach Blanket

Optional

- Selfie Stick
- Camera
- Extra shoes/flipflops
- Waterproof Camera

Packing Tips

- 1) Pack frequently used items in pants pockets: Like Swiss army knife or moleskin. Moleskin will help if you are going to be walking a lot.
- 2) Pack travel size toiletries in carry-on & full-size sunscreen in checked bag.
- 3) Pack disinfectant wipes in checked bag, bring plastic baggies to pack for the day in your beach bag/diaper bag. Refill the baggy day by day & repack.
- 4) Pack your day bag (beach bag or diaper bag) with map, water bottle, sunscreen, insect repellent & well-stocked first-aid kit. Always have BENADRYL® Liquid & BENADRYL® Itch Spray for when unexpected allergic reactions occur.
- 5) Before flight, pack your kids back packs with plastic baggies with snacks, books, toys and games. IMPORTANT: Pack bathing suit, hat, sunglasses, water shoes and a change of clothes. That way they have a bathing suit to use right way and a change of clothes to get into after some pool fun.
- 7) Even though hotels/resorts have toiletries, be sure to bring along full-size sunscreen & insect repellent in checked bag. This will save you a lot of \$\$\$.
- 8) Pack a shampoo and conditioner that is kid-friendly and tear-free.
- 9) Make sure you check and stock your first-aid kit before you begin to pack for your trip. It is incredibly important to be prepared for anything & everything!