

Packing and Planning Before Travel Checklist

Packing Checklist			
Toiletries		Tools To Lower Intensity of State	
☐ Toothbrush ☐ Soap ☐ Deodorant ☐ Cologne ☐	☐ Perfume ☐ Toothpaste ☐ Lotion ☐	☐ Medicine ☐ Sleeping Aid ☐ Vitamins/ Supplements ☐	☐ ☐
Clothing		Additional Items	
☐ Shirts ☐ Dresses ☐ Jeans ☐ Pants ☐ Shorts ☐ Socks ☐ Jacket ☐ Underwear ☐ Pajamas ☐ Undershirts ☐ Workout clothes	☐ Shoes ☐ Sandals ☐ Slippers ☐	☐ Headphones ☐ Book ☐ Magazines ☐ Ipad/Tablet ☐ Laptop ☐ Laptop Charger ☐ Phone Charger ☐ Phone ☐ Keys ☐ Wallet ☐ Purse	☐ Makeup ☐ Ear Plugs ☐ Water Bottle ☐
Trip Organization Checklist			
Scheduling		Homecoming Prep	
☐ Pick Best For Me Travel Times ☐ Minimize Lay Overs ☐ Straightforward Travel Arrangements ☐ Calculate Trip Length According To My Accounting For Time Plans ☐ Determine Daily Schedule Ahead of Time	☐ Fit extra days into schedule for recuperation time after travel ☐	☐ Clean Home ☐ Plan After-Travel Recuperation Activities	☐ ☐