

MOM's ACCESSORIES/TOLIETRIES

- Getting Ready Bag: jewelry, perfume, deodorant, baby powder, makeup, gloss, wipes, hair (below)
- Hair: clips/ponytail/headbands, brush, hot-rollers, curling/dryer, products (i.e. dry shampoo, hair spray, detangler)
- Toiletries: Lotion, hair removal, medications, teeth, safety pins, tanning, Nails(current polish, other polish, cotton, remover, file, clipper, cleaner)
- Medicine: pain, stomach (tums, probiotic, pepto), sleep, band-aids, allergy, prescriptions, birth control, Pads/tampons, cold medicine, cough drops, nasal spray, motion sickness, anything use for sickness, Vitamins, Oils
- Shower: Shampoo, conditioner, body wash, soap, face wash, shaving, lotion, bio oil, puff, washcloths?, towels?
- Sleep/BedSide: nightlight, book, ear plugs, mirror, lip balm, sleep mask, Post-its, Pens, ?blue glasses, ?teeth, sleep meds, tums, before bed list, Vault box
- BACK INJURY: pillow, grabber, TENS (backups), ice/heat, brace, pain patches, _____

*L Face Regiment: face wash, under eye, mask, lotion, serum, wipes, cotton, exfoliator, eye makeup remover

*L Blanket/Pillow

MOM'S CLOTHING

- Undies, Bras, Socks, undergarments,
- Shoes – chill, dress up, workout, boots/flips/flats,
- Dressy/Special Event Outfit: dress, pantyhose, undergarments, shoes, jewelry, cardigan, purse, hair accessories
- Chill clothes – cute/comfy, shirts, pants, over
- Sleep clothes, short, long, shirt, pants, socks, undergarments, hoodie, _____
- Hats, Gloves, scarves
- Coat/s, Jackets, sweaters, hoodies, cardigans, Swimming

SEPARATE BAGS (you can leave in your car or a less accessible place)

- GYM BAG: Workout cloths: sport bras, gym socks, tanks tops, t-shirts, pants, sneakers, headphones, gym carry.
- BEACH/POOL BAG - Bathing suits/change clothes, cover-up, towel, sunblock, hat, blanket/s, reading, sun glasses, bug spray, lotion, shave, deodorant, snack/water, purse?, phone
- *L ENTERTAINMENT: DVDs, Laptop/Charger, Work files, office supplies, ipad/charger, extra phone charger, , camera?/batteries, adapter, extension cords, HDMI, reading material, Roku, anything use for entertainment.
- *L TRAVEL PURSE: Makeup, anti-bac, wallet, meds, Phone/Charger, deodorant, glasses, gloss, snack, water, travel info, post-its, pens, emergency diapers/wipes
- CARRY-ON: bags TSA regulation size liquids, 2 quart size ziplock bags in travel bag to put liquids you claim at security. Include purse, entertainment, food, sweatshirt, and anything you need to have a comfy flight. Be sure to review the latest TSA regulations. Change of adult clothes
- *L TRAVEL ATTIRE: Outfit laid out, jewelry wearing, shoes, pre-trip meds, sweater, weather gear
- INSERT Purse/Beach: Bug bracelets, bug spray

LAST MINUTE CHECK LIST

FOR KIDS

- ☐ For the Road: Prepared Bottle (and backup bottle), 2 Water Sippy, Snacks, Activities, milk or....
Formula mixing: empty/water-filled bottles, bottled water, formula dispenser
- ☐ Snack Pack (hand-sanitizer, protein snacks, veggie chips, fruit, melts, goldfish, carb, wipes, utensils, _____)
- ☐ Diaper Bag
- ☐ Baby refrigerated/frozen food and cooler
- ☐ Extra Bottles
- ☐ Cold food bag/Milk –
 - ☐ Fridge: milk, probiotics, yogurt, fruit/veg/meal,
 - ☐ Freezer: food, yogurt pop, nuggets, green cakes
- ☐ Boppy/Pillow
- ☐ Big Toy Bag
- ☐ Bedding Bag: Loveys / stuffed animals / blankets / pillows
- ☐ Booster chair
- ☐ Stroller
- ☐ Car Seat
- ☐ Baby monitor, camera, plugs
- ☐ Outside Bag – sunblock, hats, blankets, sunglasses
- ☐ Beach Umbrella
- ☐ Sterilizer
- ☐ Gates
- ☐ Sound Machine
- ☐ Night Light
- ☐ Weather: hat, sunblock
- ☐ SLEEP EQUIPMENT: Port-A-Crib, pad/sheets, Cot/sheets, Foldout Couch, crib guards

FOR PARENTS

- ☐ Water/snacks for parents
- ☐ Our refrigerated / frozen food and a cooler
- ☐ Back pillow, Icepack, tens
- ☐ Laptop / charger
- ☐ Ipad / charger
- ☐ Phone / charger
- ☐ Purse
- ☐ Medicines / Vitamins
- ☐ Sleep: pillow, blanket, eye, sleep, headphones,
- ☐ Hat, glasses
- ☐ Light Speaker
- ☐ Face Skin Regiment Bag

TO DO BEFORE LEAVING

- ☐ Take Out trash and diaper pails
- ☐ Make Cooler / Grab all food
- ☐ Disengage Garage
- ☐ Hot water heater (water – gas)
- ☐ Crawl Space (moisture, shop vac, fan, humidifier level)
- ☐ Check everything locked and turned off
- ☐ Adjust heat/air conditioning
- ☐ Set Alarm
- ☐ Potty for everyone
- ☐ Pet Care
- ☐ Prep for House Guest / Helper