

Family Vacation Packing List

thedeskbrief.com

Five printable pages: shared essentials plus baby, toddler, school-age, and tween checklists.

CHILD / FAMILY: _____ DESTINATION: _____ NIGHTS: _____

TRIP DATES: _____ TRAVEL METHOD: _____ LAUNDRY? _____

Print this shared page once for the household, then print one age page for each child. Cross off items only after they are physically packed.

DOCUMENTS & MONEY

- ☐ Passports / photo ID
- ☐ Tickets / boarding passes
- ☐ Accommodation confirmation
- ☐ Travel insurance details
- ☐ Health cards / coverage
- ☐ Payment cards and cash
- ☐ Emergency contact sheet
- ☐ Copies stored separately

FAMILY HEALTH & SAFETY

- ☐ Regular medications
- ☐ Basic first-aid supplies
- ☐ Sunscreen / sun protection
- ☐ Insect repellent if needed
- ☐ Hand sanitizer and wipes
- ☐ Reusable water bottles
- ☐ Allergy information
- ☐ Destination health items

TRAVEL-DAY BAG

- ☐ Wallet and travel documents
- ☐ Phones and charging cable
- ☐ Snacks for each traveller
- ☐ Refillable water bottles
- ☐ One child outfit change
- ☐ Tissues / wet wipes
- ☐ Small activity for each child
- ☐ Medication kept accessible

SHARED TECH & GEAR

- ☐ Multi-port wall charger
- ☐ Power bank
- ☐ Travel adapters
- ☐ Camera / memory card
- ☐ Tablet downloads completed
- ☐ Headphones for each child
- ☐ Laundry bag / wet bag
- ☐ Stroller / car seat confirmed

BEFORE LEAVING HOME

- ☐ Check weather and update clothing
- ☐ Confirm baggage limits and child gear rules
- ☐ Download maps, tickets, and entertainment
- ☐ Charge every device and power bank
- ☐ Empty bins and clear perishable food
- ☐ Lock doors and windows
- ☐ Set lights, thermostat, and pet care
- ☐ Run one final room-by-room check

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BABY, 0-24 MONTHS: Plan feeding, diapering, sleep, and transport first. Pack enough daily supplies plus a delay buffer.

CLOTHING

- ☐ Day outfits: _____
- ☐ Pyjamas / sleepwear
- ☐ Socks / booties
- ☐ Warm layer / jacket
- ☐ Sun hat / warm hat
- ☐ Swimwear if needed
- ☐ Two spare travel outfits
- ☐ Laundry / wet bag

FEEDING

- ☐ Bottles / cups
- ☐ Formula or milk supplies
- ☐ Pump parts and charger
- ☐ Baby food / pouches
- ☐ Bibs and burp cloths
- ☐ Spoons / feeding bowl
- ☐ Bottle brush / soap
- ☐ Feeding cover if used

DIAPERING

- ☐ Diapers: _____ per day
- ☐ Swim diapers if needed
- ☐ Wipes
- ☐ Diaper cream
- ☐ Portable change mat
- ☐ Disposable bags
- ☐ Extra changing-bag outfit
- ☐ Changing bag restocked

SLEEP & COMFORT

- ☐ Travel crib confirmed
- ☐ Fitted crib sheet
- ☐ Sleep sack
- ☐ Pacifiers plus spare
- ☐ White-noise machine
- ☐ Baby monitor
- ☐ Familiar comfort item
- ☐ Room-darkening aid if used

TRANSPORT & GEAR

- ☐ Car seat
- ☐ Stroller
- ☐ Baby carrier
- ☐ Stroller rain cover
- ☐ Stroller sun shade
- ☐ High chair confirmed
- ☐ Portable feeding seat
- ☐ Gear labels / bag tags

HEALTH & DOCUMENTS

- ☐ Health card / insurance
- ☐ Prescribed medications
- ☐ Thermometer
- ☐ Nasal care items used at home
- ☐ Baby-safe toiletries
- ☐ Emergency contacts
- ☐ Care provider phone number
- ☐ Two blank custom items

Add destination-specific items in the blank rows. A parent should complete the final check.

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TODDLER, 2-5 YEARS: Build around toilet needs, familiar sleep cues, spill-proof snacks, and short travel activities.

CLOTHING

- ☐ Day outfits: _____
- ☐ Pyjamas
- ☐ Underwear / training pants
- ☐ Socks
- ☐ Warm layer / rain jacket
- ☐ Sun hat / warm hat
- ☐ Swimwear if needed
- ☐ Two travel-day changes

TOILETING & TOILETRIES

- ☐ Diapers / pull-ups if used
- ☐ Wipes
- ☐ Portable potty / seat
- ☐ Toothbrush / toothpaste
- ☐ Hairbrush / comb
- ☐ Child toiletries
- ☐ Wet bag / plastic bags
- ☐ Step stool confirmed

FOOD & DRINKS

- ☐ Spill-proof cup
- ☐ Favourite travel snacks
- ☐ Reusable snack containers
- ☐ Child utensils
- ☐ Bibs if used
- ☐ Breakfast backup item
- ☐ Water bottle
- ☐ Allergy card if needed

SLEEP & COMFORT

- ☐ Favourite stuffed toy
- ☐ Blanket / comfort item
- ☐ Night-light
- ☐ White-noise machine
- ☐ Bed rail / crib confirmed
- ☐ Bedtime books
- ☐ Sleepwear backup
- ☐ Usual bedtime item

TRAVEL ACTIVITIES

- ☐ Sticker or activity book
- ☐ Crayons / washable markers
- ☐ Two small toys
- ☐ Downloaded shows
- ☐ Child headphones
- ☐ Simple travel game
- ☐ Surprise activity
- ☐ Toy storage pouch

GEAR, HEALTH & SAFETY

- ☐ Car seat
- ☐ Stroller if needed
- ☐ Regular medications
- ☐ Basic first-aid items
- ☐ Sunscreen / sun protection
- ☐ Child ID contact card
- ☐ Childproofing travel items
- ☐ Destination-specific gear

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SCHOOL-AGE CHILD, 6-9 YEARS: Let the child choose activities and check clothing while an adult handles documents, medication, and final quantities.

CLOTHING

- ☐ Tops: _____
- ☐ Bottoms: _____
- ☐ Underwear: _____
- ☐ Socks: _____
- ☐ Pyjamas
- ☐ Sweater / jacket
- ☐ Swimwear if needed
- ☐ Shoes / sandals

TOILETRIES

- ☐ Toothbrush / toothpaste
- ☐ Hairbrush / comb
- ☐ Shampoo / body wash
- ☐ Deodorant if used
- ☐ Sunscreen
- ☐ Lip balm
- ☐ Tissues
- ☐ Personal care item

CARRY-ON

- ☐ Water bottle
- ☐ Travel snacks
- ☐ One change of clothes
- ☐ Sweater
- ☐ Comfort item
- ☐ Book / magazine
- ☐ Activity pouch
- ☐ Child contact card

ACTIVITIES & TECH

- ☐ Tablet / handheld device
- ☐ Charging cable
- ☐ Headphones
- ☐ Downloads completed
- ☐ Book
- ☐ Notebook / pencils
- ☐ Travel game
- ☐ Device labelled

SLEEP & ROOM

- ☐ Favourite pillow item
- ☐ Night-light if used
- ☐ Sleep mask
- ☐ Room-sharing plan
- ☐ Bed confirmed
- ☐ Tomorrow outfit set
- ☐ Dirty-clothes bag
- ☐ Two blank custom items

FINAL CHILD CHECK

- ☐ I chose my travel activity
- ☐ I packed my comfort item
- ☐ I counted socks / underwear
- ☐ I packed my water bottle
- ☐ I labelled my device
- ☐ I checked under my bed
- ☐ Adult checked medications
- ☐ Adult completed final check

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TWEEN, 10-12 YEARS: Give the tween ownership of clothing, toiletries, and tech. Keep an adult final check for documents and medication.

CLOTHING

- ☐ Tops: _____
- ☐ Bottoms: _____
- ☐ Underwear: _____
- ☐ Socks: _____
- ☐ Sleepwear
- ☐ Sweater / jacket
- ☐ Swimwear / activewear
- ☐ Shoes for planned activities

TOILETRIES

- ☐ Toothbrush / toothpaste
- ☐ Deodorant
- ☐ Hair care
- ☐ Face / skin care
- ☐ Sunscreen
- ☐ Lip balm
- ☐ Period products if needed
- ☐ Personal care item

TECH

- ☐ Phone / tablet
- ☐ Charging cable
- ☐ Power bank
- ☐ Headphones
- ☐ Downloads completed
- ☐ Device storage cleared
- ☐ Protective case
- ☐ Every device labelled

CARRY-ON

- ☐ Water bottle
- ☐ Travel snacks
- ☐ Sweater
- ☐ Book / e-reader
- ☐ Notebook / pen
- ☐ One outfit change
- ☐ Small activity
- ☐ Child contact card

TRIP ITEMS

- ☐ Sports / activity gear
- ☐ Swim gear
- ☐ Sunglasses / hat
- ☐ Small day bag
- ☐ Spending money if allowed
- ☐ Regular medications
- ☐ Dirty-clothes bag
- ☐ Destination-specific item

FINAL SELF-CHECK

- ☐ I checked the weather
- ☐ I counted daily outfits
- ☐ I packed every charger
- ☐ I packed my water bottle
- ☐ I checked drawers / bathroom
- ☐ I left space for souvenirs
- ☐ Adult checked documents
- ☐ Adult completed final check

Add destination-specific items in the blank rows. A parent should complete the final check.