

# Countdown to Vacation



## OVERVIEW:

*Vacations are a great escape from daily stress, but preparing for a big trip can sometimes feel like more trouble than it's worth.*

***Make vacation prep a breeze by following this countdown schedule to stay on track every step of your planning.***

## WHAT'S INCLUDED:

- **Vacation Prep Checklist**  
*Follow these steps for how to prepare a month, a week, and a day before your trip.*
- **Packing Guide**  
*Don't forget a thing with this personalized guide to packing everything you'll need.*

# Countdown to Vacation

## *A few months before:*

- Come up with a solid budget for vacation expenses (e.g. food, activities) and start saving.
- Put your planned vacation dates in your work calendar and request the time off.
- Plan out an itinerary of potential activities and events to attend.
- Purchase everything you might need for the vacation itself, like hotel reservations, airline tickets, transportation, and attraction passes.
- If you have any pets, make arrangements for a temporary sitter or with a boarding place.

## *One week before:*

- Put all mail and deliveries on hold, or ask a neighbor or a trusted friend or family member to collect it for you. Consider asking this person to keep an eye on your home as well.
- Head to the store and purchase any nonperishable items that you are planning to bring.
- Make a checklist for everything you will need to pack, and start to gather all of the items you need together in one place.
- Be sure all medications and emergency items are up to date and refilled.
- Put together activities to keep little ones occupied on the trip.

## *One day before:*

- Throw away any food items that may expire while you are away, and take out any trash.
- Pack anything that you won't need to use the morning of ahead of time.
- Set your alarm, and make sure to leave at least 3 hours for preparation on the morning of your trip.
- Turn off air conditioning or turn down heat if you aren't planning on leaving any pets behind, to save on electric.
- Unplug larger electronics that are not grounded.

# Packing Checklist

## Essentials:

- |  |  |  |   |
|--|--|--|---|
| <input type="checkbox"/> Non-perishable snacks | <input type="checkbox"/> Credit Cards      | <input type="checkbox"/> Travel membership cards | <input type="checkbox"/> Cell phone & charger |
| <input type="checkbox"/> Reading material      | <input type="checkbox"/> Travellers checks | <input type="checkbox"/> Medical Insurance card  | <input type="checkbox"/> Camera & charger     |
| <input type="checkbox"/> Bottled water         | <input type="checkbox"/> Passport          | <input type="checkbox"/> Backpack                | <input type="checkbox"/> Headphones           |
| <input type="checkbox"/> Travel Pillow         | <input type="checkbox"/> Drivers License   | <input type="checkbox"/> Laundry bag             | <input type="checkbox"/> Voltage adaptors     |
| <input type="checkbox"/> Medications           | <input type="checkbox"/> Map & directions  | <input type="checkbox"/> Umbrella                | <input type="checkbox"/> Binoculars           |
| <input type="checkbox"/> Wallet                | <input type="checkbox"/> Travel itinerary  | <input type="checkbox"/> House keys              | <input type="checkbox"/> Notebook & pen       |
| <input type="checkbox"/> Cash                  | <input type="checkbox"/> Travel tickets    |  |   |

## Clothing:

- |   |                                   |  |                                       |
|---|-----------------------------------|--|---------------------------------------|
| <input type="checkbox"/> Underwear            | <input type="checkbox"/> Jackets  | <input type="checkbox"/> Exercise clothing | <input type="checkbox"/> Belts        |
| <input type="checkbox"/> Socks                | <input type="checkbox"/> Hats     | <input type="checkbox"/> Swimsuits         | <input type="checkbox"/> Ties         |
| <input type="checkbox"/> Sleepwear            | <input type="checkbox"/> Gloves   | <input type="checkbox"/> Athletic shoes    | <input type="checkbox"/> Watch        |
| <input type="checkbox"/> Dress shirts         | <input type="checkbox"/> Scarves  | <input type="checkbox"/> Leisure shoes     | <input type="checkbox"/> Jewelry      |
| <input type="checkbox"/> Dresses              | <input type="checkbox"/> T-shirts | <input type="checkbox"/> Dress shoes       | <input type="checkbox"/> Glasses      |
| <input type="checkbox"/> Sweaters/Sweatshirts | <input type="checkbox"/> Jeans    | <input type="checkbox"/> Sandals           | <input type="checkbox"/> Sunglasses   |
| <input type="checkbox"/> Suits                | <input type="checkbox"/> Shorts   | <input type="checkbox"/> Slippers          | <input type="checkbox"/> Glasses case |

## Hygiene:

- |  |  |  |   |
|--|--|--|---|
| <input type="checkbox"/> Toothbrush      | <input type="checkbox"/> Hair dryer        | <input type="checkbox"/> Contact lenses & case | <input type="checkbox"/> Tissues          |
| <input type="checkbox"/> Toothpaste      | <input type="checkbox"/> Curling/flat iron | <input type="checkbox"/> Saline solution       | <input type="checkbox"/> Cotton balls     |
| <input type="checkbox"/> Floss           | <input type="checkbox"/> Styling products  | <input type="checkbox"/> Shaving cream         | <input type="checkbox"/> Cotton swabs     |
| <input type="checkbox"/> Mouthwash       | <input type="checkbox"/> Hair accessories  | <input type="checkbox"/> Razor                 | <input type="checkbox"/> Tweezers         |
| <input type="checkbox"/> Soap            | <input type="checkbox"/> Mirror            | <input type="checkbox"/> Perfume/cologne       | <input type="checkbox"/> Insect repellent |
| <input type="checkbox"/> Deodorant       | <input type="checkbox"/> Facial cleanser   | <input type="checkbox"/> Make-up               | <input type="checkbox"/> Vitamins         |
| <input type="checkbox"/> Shampoo         | <input type="checkbox"/> Sunscreen         | <input type="checkbox"/> Make-up remover       | <input type="checkbox"/> First-Aid kit    |
| <input type="checkbox"/> Conditioner     | <input type="checkbox"/> Moisturizer       | <input type="checkbox"/> Nail clippers         | <input type="checkbox"/> Hand wipes       |
| <input type="checkbox"/> Hair brush/comb | <input type="checkbox"/> Lip balm          | <input type="checkbox"/> Nail file             | <input type="checkbox"/> Lint roller      |