

ROADTRIP PACKING RECOMMENDATIONS

DOCUMENTS & MONEY

- Drivers License
- Health, Auto, and Travel Insurance Info
- Rental Car Agreement
- Roadside Assistance Info
- Printed Itinerary
- Hotel Confirmations
- Emergency Contact List
- Downloaded Directions for offline use
- Road Atlas
- Quarters for laundry & toll meters
- Cash for Local Vendors
- Credit/Debit Cards
- Copies of IDs stored separately

EASY ACCESS ITEMS

- Phone (to take lots of pictures)
- Refillable Water Bottle
- Hand Sanitizer
- Moisturizing Lotion
- Chapstick
- Toilet Pack
- Tissues
- Individual Packaged Snacks
- Bonine/Dramamine
- Ginger Chews
- Phone & Other Electronic Chargers
- Power Bank
- Stain Remover Pen

OUTDOOR ADVENTURES

- Sunhat/Visor
- Sunglasses
- Poncho/Rain Coat
- Umbrella
- Binoculars
- Packable Blanket/Towel
- Sunscreen
- Bug Repellent
- Reuseable Shopping Bags

ON THE ROAD ESSENTIALS

- Playlists, podcasts, audiobooks
- Roadside Emergency Kit
- Flashlight with Extra Batteries
- Microfiber towel for windows
- Seat cushions or lumbar support
- Travel blanket
- Neck pillow
- Cooler for snacks & drinks
- Trash bags & small bin
- Paper towels
- Paper plates or reuseable plates
- Reuseable utensils
- Reuseable baggies – various sizes
- Binder Clips/Rubber Bands
- Wet Wipes
- Headphones
- Hot/Ice Bag for Market Purchases
- Scissors/Swiss Army Knife

Questions?

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[@milesofdelights](https://www.instagram.com/milesofdelights)

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ROOM ESSENTIALS

- | | |
|--|--|
| <input type="checkbox"/> Poopourri | <input type="checkbox"/> Book/Other In Room Entertainment |
| <input type="checkbox"/> Laundry Soap Sheets | <input type="checkbox"/> Small Packable Games |
| <input type="checkbox"/> Laundry Bag (keep off floor) | <input type="checkbox"/> Travel Journal |
| <input type="checkbox"/> Dish Soap | <input type="checkbox"/> Pens |
| <input type="checkbox"/> Motion Sensor Night Light | <input type="checkbox"/> Favorite Tea Bags or Snacks |
| <input type="checkbox"/> Multiplug Outlet | <input type="checkbox"/> Slippers/Flip Flops |
| <input type="checkbox"/> If difficulty sleeping: Eye Mask/ Ear Plugs/
Travel Size Sound Machine | <input type="checkbox"/> Pillow Case (if prone to allergies) |

HEALTH & WELLNESS

- | | |
|---|---|
| <input type="checkbox"/> Prescription Medications | <input type="checkbox"/> Pepto Bismol |
| <input type="checkbox"/> List of Doctors & Contact Info | <input type="checkbox"/> Tums |
| <input type="checkbox"/> First Aid Kit | <input type="checkbox"/> Dayquil/Nyquil |
| <input type="checkbox"/> Neosporin | <input type="checkbox"/> Throat Lozenges |
| <input type="checkbox"/> Vitamins | <input type="checkbox"/> Powder Pedialyte/Liquid IV |
| <input type="checkbox"/> Allergy Medication | <input type="checkbox"/> Thieves Oil |
| <input type="checkbox"/> Hydrocortisone Cream | <input type="checkbox"/> Lysol Spray/Chlorox Wipes |
| <input type="checkbox"/> Ibuprofen/Tylenol | <input type="checkbox"/> Glasses Wipes |
| <input type="checkbox"/> Antidiarrheal | <input type="checkbox"/> Nail Clippers & File |

TIPS

Plan to take a break every 2.5-3 hours and fill up gas early and often.

Make sure to always have water available. Consider buying large jugs to minimize environmental impact. Also, many hotel lobbies and fitness centers will have water refill stations.

If free breakfast is included in your stay, consider taking fruit, muffin, cereal to go for snack.

Other food/snacks that travel easy include: oatmeal cups, chicken/tuna packets, pbj, protein bars and shakes, trail mix.

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