

Packing Check List

If you are worried about forgetting to pack something, here are some **suggestions** to help your child pack for our trips.

Money:

___money for souvenirs

Toiletries & personal care:

___tooth paste, toothbrush, floss

___shampoo/cond., hair gel, etc...

___brush/comb

___contact lenses paraphernalia

___deodorant

Note: may want to pack items, in Ziploc bags so if anything spills or breaks it will not ruin clothes.

Health items:

___any medication that might be needed, (e.g., motion sickness preventatives, allergy needs)
*****ALL MEDICATION –BOTH PRESCRIPTION & OVER THE COUNTER MUST GO TO JEN VALANDRA OR THE NURSE BEFORE IT GOES ON THE TRIP***

Beach gear:

___swimsuits (two, it is always good to have a back up suit)

___sandals/flip flops

___ towel

___sunglasses

___ear plugs if needed when swimming

___sun block, lip balm with SPF & aloe

Rain gear:

___poncho/raincoat or pullover

Theme park gear:

___good/comfortable footwear (some recommend socks and sneakers).

Clothes:

___shirts, t-shirts, tank tops

___shorts

___comfy clothes for travel day

___sleepwear

___underwear

___footwear

Note: even when hot, bring a jacket or sweater: air-conditioning can cause places to get cold.

Misc. items you may want to bring:

___cell phone & charger (could work as a travel alarm too)

___disposable camera or digital camera

___notebook/journal

___water bottle

___ extra Ziploc bags to use for toiletries, wet swimsuit etc.

While packing, remember not to bring anything irreplaceable such as jewelry.