

# PACKING CHECKLIST



# Solo Mum Abroad: Printable Travel Packing Checklist

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Tick off each item as you pack for a smoother, stress-free trip!

## Clothing

- ☐ Day outfits (mix-and-match)
- ☐ Evening outfit
- ☐ Underwear & socks
- ☐ Swimwear
- ☐ Pyjamas
- ☐ Jacket or hoodie
- ☐ Shoes (walking, water, evening)

## Toiletries

- ☐ Toothbrush & toothpaste
- ☐ Hairbrush & ties
- ☐ Face wipes
- ☐ Suncream
- ☐ Lip balm
- ☐ Kids' shampoo & body wash

## Travel Essentials

- ☐ Passports
- ☐ Travel documents
- ☐ Insurance info
- ☐ Water bottles
- ☐ Snacks
- ☐ Backpack (hands-free option)

## Entertainment & Comfort

- ☐ Headphones
- ☐ Downloaded shows
- ☐ Activity pads or books

- ☐ Comfort item (toy, blanket)
- ☐ Chargers or power bank

#### **For Mum**

- ☐ Book or Kindle
- ☐ Tea bags or snacks
- ☐ Lip balm
- ☐ Earplugs / Eye mask

#### **First Night Grab Bag**

- ☐ PJs
- ☐ Toothbrushes & wipes
- ☐ Spare clothes
- ☐ Medications