

Parent Checklist: Summer Family Trip Essentials by Age and Category

1. Pre-trip Planning Checklist

- ☐ Confirm destination, dates, transportation, and lodging.
- ☐ Check weather and activity plans.
- ☐ Review baggage rules, car seat needs, airline rules, or other transportation requirements.
- ☐ Check what your lodging provides.
- ☐ Confirm camp, tutoring, school, or summer program schedules.
- ☐ Create a shared family packing list.
- ☐ Add reminders for laundry, shopping, prescriptions, pet care, mail, and home tasks.
- ☐ Save digital and printed copies of confirmations.

2. Documents and Money Checklist

- ☐ IDs and passports
- ☐ Visas or entry documents, if needed
- ☐ Tickets and boarding passes
- ☐ Hotel or rental confirmations
- ☐ Travel insurance
- ☐ Health insurance cards
- ☐ Emergency contacts
- ☐ Copies of passports and key documents
- ☐ Credit cards, debit cards, and cash
- ☐ Student ID, if relevant
- ☐ List of key phone numbers

3. Health and Safety Checklist

- ☐ Prescription medications
- ☐ Medication list
- ☐ Pediatrician-approved over-the-counter medicines
- ☐ First-aid kit
- ☐ Allergy medication or emergency allergy supplies
- ☐ Sunscreen
- ☐ Lip balm with SPF
- ☐ Insect repellent
- ☐ Hats and sunglasses
- ☐ Refillable water bottles
- ☐ Hand sanitizer and wipes
- ☐ Emergency contact card for each child
- ☐ Car seat, booster seat, or travel restraint if needed
- ☐ Life jacket if needed for water activities

4. Clothing and Shoes Checklist

- ☐ Everyday outfits
- ☐ Pajamas
- ☐ Underwear and socks
- ☐ Swimwear
- ☐ Rash guards or swim shirts
- ☐ Light jacket, hoodie, or sweater
- ☐ Rain layer, if needed
- ☐ Comfortable walking shoes
- ☐ Sandals or water shoes
- ☐ Dressier outfit, if needed
- ☐ Laundry bag
- ☐ Extra outfit in travel-day bag

5. Baby and Toddler Checklist

- ☐ Diapers or pull-ups
- ☐ Wipes and diaper cream
- ☐ Changing pad
- ☐ Bottles, formula, or nursing supplies
- ☐ Bibs, utensils, and burp cloths
- ☐ Baby food or familiar snacks
- ☐ Pacifier, lovey, or comfort item
- ☐ Sleep sack, age-appropriate swaddle, or familiar sleep item
- ☐ Travel crib or crib sheet if needed
- ☐ White noise machine or portable blackout shade if helpful
- ☐ Stroller, carrier, or travel car seat
- ☐ Extra clothing
- ☐ Small toys or board books
- ☐ Stroller fan or shade for hot destinations

6. Preschool and Elementary Checklist

- ☐ Child backpack
- ☐ Snacks
- ☐ Water bottle
- ☐ Books or activity books
- ☐ Crayons, markers, or pencils
- ☐ Stickers, small games, or cards
- ☐ Comfort item
- ☐ Favorite bedtime item
- ☐ Swim gear
- ☐ Water shoes
- ☐ Simple emergency contact card
- ☐ Labeled jacket, water bottle, or beach gear

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7. Tween and Teen Checklist

- ☐ Personal toiletries
- ☐ Chargers and headphones
- ☐ Portable power bank
- ☐ Books, journal, sketchpad, or offline entertainment
- ☐ Activity-specific clothing or gear
- ☐ Spending money plan
- ☐ Student ID or ID, if relevant
- ☐ Medication or personal health items
- ☐ Personal packing list
- ☐ Family communication plan
- ☐ Device expectations

8. Travel-day Bag Checklist

- ☐ Documents
- ☐ Wallet and cards
- ☐ Medications
- ☐ Snacks
- ☐ Water bottle
- ☐ Wipes, tissues, and sanitizer
- ☐ Extra clothes
- ☐ Chargers and power bank
- ☐ Headphones
- ☐ Books, games, or activity supplies
- ☐ Comfort item
- ☐ Sunscreen
- ☐ Emergency contacts
- ☐ Zip-top bags or wet/dry bag
- ☐ Small trash bag

9. Beach, Lake, or Pool Checklist

- ☐ Swimsuits
- ☐ Rash guards or UPF swimwear
- ☐ Towels, if not provided
- ☐ Sunscreen and lip balm with SPF
- ☐ Hats and sunglasses
- ☐ Goggles
- ☐ Water shoes
- ☐ Life jackets, if needed
- ☐ Wet/dry bag
- ☐ Beach toys
- ☐ Cooler or insulated snack bag
- ☐ Reusable water bottles
- ☐ Extra dry clothes
- ☐ Wipes and hand sanitizer

10. Before-Leaving-Home Checklist

- ☐ Lock windows and doors.
- ☐ Empty trash.
- ☐ Check refrigerator.
- ☐ Arrange mail and packages.
- ☐ Arrange pet or plant care.
- ☐ Unplug nonessential electronics where appropriate.
- ☐ Turn off lights or set timers.
- ☐ Check passports, IDs, medications, chargers, and comfort items.
- ☐ Confirm all bags are in the car, taxi, or near the door.

Useful Links:

Official Family Travel Safety and Planning Resources

For official guidance on travel documents, health recommendations, airport screening, car seats, sun safety, and water safety, parents may find these resources helpful:

- [U.S. Department of State: International Travel](#)
- [CDC Travelers' Health: Destinations and Safe Travel Guidance](#)
- [TSA: What Can I Bring? and Family Travel Screening Guidance](#)
- [HealthyChildren.org: Family Travel Safety Tips](#)
- [NHTSA: Car Seats and Booster Seats](#)
- [American Red Cross: Water Safety](#)