

# Mama Road Trip Essentials



## Travel Days:

### Clothing

- \_\_\_\_\_ Outfits
- Sleeping clothes
- Comfortable shoes
- Jacket / layers
- \_\_\_\_\_ Underwear
- \_\_\_\_\_ Socks

### Road Trip Car Essentials

- Neck pillows
- Blankets
- Portable potty (for kids and adults)
- Chargers
- Wipe + Sanitizer
- Snacks
- Energy drink
- Water
- Phone mount (just in case you need it)

### Snacks + Food

- Easy snacks (crackers, granola bars, etc)
- Fun snacks (treats for mood boost)
- Plastic bags / ziplocks (for messes and trash)

### Toiletries

- Toothbrush + toothpaste
- Shampoo + Conditioner
- Body wash
- Deodorant
- Razor
- Hairbrush
- Make-up
- Skincare products
- Contacts

### Electronics

- Chargers
- Portable chargers
- Airpods
- Camera + chargers
- Mac / iPad

### Kid's Must-Haves

- Extra clothes (for emergency)
- Wipes + sanitizer
- Snacks (extra, always extra 😊)
- Coloring book / book
- Colors / markers
- Favorite toy
- Magnetic games

### Clean Up & Emergency kit (Miscellaneous)

- Wipe + Sanitizer (also road trip essentials)
- Extra clothes
- Plastic bags / ziplocks (for messes and trash)
- Bag chip clips

### Health + Safety Essentials

- Kid's medicine (fever / tummy)
- First aid kit
- Sore throat meds
- Sunscreen
- Tums
- Tylenol + Advil
- Massager gun
- Insect spray

### Vacation Accessories

- Cap
- Sunglasses
- Swim stuff

### Other Stuff

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- \_\_\_\_\_
- \_\_\_\_\_
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