

The Family Travel Packing Checklist

Everything we tell our own clients to pack for stress-free family trips — all-inclusives, cruises, and everywhere in between.

Documents & Money

- Passports (valid 6+ months past travel)
- Printed copies of passports stored separately
- Driver's license / TSA PreCheck ID
- Notarized parental consent letter (kids traveling with one parent)
- Printed hotel & flight confirmations
- Travel insurance policy
- Debit + credit cards (notify bank of travel dates)
- \$100–200 local currency
- Emergency contacts card

Carry-On Essentials

- Chargers + backup battery pack
- Universal power adapter (international trips)
- Empty water bottles (fill after security)
- Snacks (goldfish, granola bars, fruit pouches)
- Change of clothes for each child
- Wipes + hand sanitizer
- Small entertainment kit (tablets, headphones, coloring books)
- Ziplock bags (motion sickness insurance)
- Basic medications (Tylenol, Benadryl, Band-aids)

Clothing (per person, per week)

- 5–7 outfits + 2 extras for kids
- 2–3 swimsuits per person
- 1 pair walking shoes + 1 pair sandals
- 1 nice dinner outfit (many resorts require this)
- Cover-ups / rash guards
- Light sweater or jacket for evenings & AC
- Sun hat + sunglasses
- Pajamas

Beach / Pool Bag

- Reef-safe sunscreen (SPF 30+) — required in many Mexico destinations
- Aloe vera / after-sun lotion
- Waterproof phone pouch
- Beach toys (or buy locally)
- Snorkel gear (rent or bring)
- Quick-dry towels (some resorts limit pool towels)
- Waterproof sandals for hot sand & pool decks

Toiletries & Health

- Toothbrushes + toothpaste
- Prescription medications in original bottles
- Kids' vitamins
- Insect repellent (DEET or picaridin)
- Anti-diarrheal + Pepto tablets
- Motion-sickness meds (cruises & winding roads)
- First-aid kit (band-aids, antibiotic ointment, thermometer)
- Contact lenses + solution
- Feminine hygiene products

Cruise-Specific

- Magnetic hooks (cabin walls are metal — game changer)
- Over-the-door shoe organizer for bathroom storage
- Highlighter (for the daily activity planner)
- Lanyards for room keys
- Reusable water bottle
- Small nightlight for interior cabins
- Formal night attire if applicable

Kids & Baby Extras

- Stroller (gate-check for free)
- Baby carrier for excursions
- Portable crib / travel bed if resort doesn't provide
- Enough diapers/wipes for 2 days + buy the rest at destination
- Favorite comfort item (blanket, stuffed animal)
- Kid-safe sunscreen + swim diapers
- Ear plane earplugs for pressure changes

Tech & Photos

- Phone chargers for every device
- Camera + memory cards

- GoPro or waterproof camera
- Download offline maps + Google Translate language pack
- Airline / cruise line / resort app installed

48 Hours Before You Leave

- Confirm airport transfer pickup time
- Check in for flight online
- Download boarding passes to phone wallet
- Set out-of-office email reply
- Stop mail delivery / arrange pet care
- Empty fridge of perishables
- Turn thermostat to vacation setting
- Lock all doors + windows

*Made with love by Uwood Travel Co. — Family Travel, Made Affordable. Questions?
Text or call 214-699-7816.*