

Children

- Arrange for a small tray for children in car seats so they can do their activities
- Allow time to stop frequently so that children can run about Babies can be taken out and allowed to lie on their stomachs, or kick for a few minutes
- Load the car with pillows and blankets, to make it more comfortable
- To help prevent carsickness make sure your child has a clear view from the windows and hasn't eaten a big meal or drunk a milkshake. They might want to suck on a barley sugar. But always be prepared, just in case!

Packing lists for any trip

Document check

- Passport for each traveller
- Visas
- Foreign / local currency
- Flight tickets
- Hotel vouchers
- Insurance documentation
- Car breakdown policy
- Roadside assistance numbers
- Ferry tickets
- Bus tickets
- Drivers licence
- Maps
- Travel books
- Contact list
- Postage stamps
- Business cards
- Foreign phrase book
- Diary / journal
- Notebook
- Itinerary
- Passwords for e-mail / bank, etc in secret place

Electrical, etc

- Plug adaptors
- Camera
- Memory Card
- Film
- Electronic currency converter
- Calculator
- Spare batteries
- Mobile phone
- Mobile phone charger
- Camcorder
- Alarm clock
- Watch
- Portable CD player
- CDs
- Head phones
- Electronic games
- DVDs
- Portable DVD player
- iPod / MP3 player
- Radio
- Portable speakers
- Personal organiser
- Laptop computer, power adaptor & chargers
- Torch
- Binoculars
- Hearing aid
- Spare hearing aid & batteries
- Portable hair dryer
- Hair straightener / hair rollers



Literature & amusement

- Reading book
- Quiz book
- Magazines & newspaper
- Playing cards
- Song book
- Bible, Koran, etc
- Foreign phrase book
- Pen & notebook
- Puzzles
- Portable games: chess, backgammon, etc

Cosmetics /Medication

Unisex

- First aid kit (including Imodium)
- Travel sickness tablets
- Vitamin supplements
- Medical prescription repeats
- Hair brush & comb
- Deodorant
- Shampoo & conditioner
- Toothbrush & toothpaste
- Dental floss
- Contact lenses & lense fluid
- Toilet paper
- Asthma puffer

Her:

- Make up bag
- Make up removal pads
- Fake tan
- Shower cap
- Female hygiene products / tampons
- Pill or other contraceptive
- Moisturiser, cleanser, body lotion
- Perfume
- Nail file, buffer & polish

Him:

- Shaver & razor
- Shaving cream
- After shave lotion
- Deodorant

His & Hers Packing list – Clothes & other

- Wallet!
- Underwear
- Socks
- Pajamas
- Jacket
- Jeans
- Long Pants
- Shorts
- T shirts
- Swim suit
- long sleeved shirts
- Jumper
- shoes: walking, trainers, open toed, dress shoes.
- Accessories: Belts, ties, cufflinks
- watch
- phone
- sporting / running gear
- Hats: sun, sports
- Sun glasses

Her

- Handbag!
- Bras
- Under pants / g-strings
- Stockings
- Socks
- Pajamas
- Swim suit
- T shirts

www.didyoudrememberthemilk.com.au



Your house left empty for some time is a target for potential intruders. You can reduce the risk of theft and break-ins by taking some precautions and giving your home a 'lived in look'.
Source: RACV website.

- Shorts
- long pants
- Jeans
- Dresses
- Skirts
- Sporting / running gear
- Jacket / cardigan / wraps
- Shoes – thongs, runners, flat shoes, dress shoes
- Hats: sun, sports
- Sun glasses
- Accessories: belts, jewellery, scarves

Medications

- Adhesive bandage
- Pain killer
- Vitamins
- Asthma pump
- Insect repellent – personal & room
- Sun protection cream
- Motion sickness tablets
- Scissors & tweezers
- Cotton wool balls
- Heat / muscle cream
- Lip Balm
- Sunscreen SPF (low & high)

Linen & Laundry

- Sheets
- Pillow cases
- Towels
- Face washers
- Beach towel
- Dirty clothes bags
- Washing powder
- Travel sewing kit

Other

- Dishwashing liquid
- Plastic wrap & Foil
- Toilet paper
- All purpose / surface cleaner
- Torch
- Candles
- Matches

Packing list for Children & Babies For journey

- Nappy bag & contents (incl wipes, nappies, barrier cream, nappy disposal bags)
- Change of clothes
- Water cup
- Milk bottle
- Toys:
- Books, soft toys, something new they haven't seen before, old favourite
- Teething rings
- Solid food – insulated container
- Damp washer or water / washer
- Muslin / cloth Nappy to absorb spills
- Paper tissues

Nappies & linen & night needs

- Nappy rubbish bags
- Disposable nappies / Cloth nappies
- Muslin wraps
- Bed cot / sheets
- Waterproof undersheets
- Blankets / wraps
- Bath towels
- Washers
- Baby wipes
- Mosquito net
- Night light
- Baby intercom
- Dummy

Medications

- Paracetamol
- Chest balm
- Teething gel
- Thermometer
- Decongestant
- Anti-histamine
- Sting relief
- Disinfectant
- Nappy rash cream
- Nappy powder
- Insect repellent – personal & room
- Sun protection cream

Food preparation

- Bibs
- Spoons, forks
- Dishes
- Storage containers
- Hand held blender
- Bowl
- Formula
- Bottles & teats
- Sterilizer
- Breast pump & milk storage bags
- Bottled water

Portable Equipment

- Portacot
- High chair
- Stroller
- Change mat
- Baby car seat / booster seat

Music, Toys & activities

- Music
- Stuffed toys

- Mats
- Sports equip
- Beach items
- Games
- Crayons / pencils / Paper

Clothes

- T shirts
- Short / long pants
- Dress / skirt
- Jacket / cardigan
- Socks (shoes)
- Hat (sun)
- Sun shades
- Sleep bag / suit
- Bathers

Other

- Nappy detergent
- Antiseptic wash
- Dishwash liquid

Wash bag

- Bath oil or wash
- Massage oil
- Manicure set
- Barrier cream
- Antibacterial hand wash liquid

Games & Sports

- Sports equipment
- Goggles, flippers & snorkel
- Frisbee
- Inflatable beach ball
- Bucket & spade
- Tennis racquets & balls
- Wet suit & surf board
- golf clubs, shoes