



Road Trip

PACKING CHECKLIST

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ESSENTIALS

- Driver's license, vehicle registration, and proof of insurance
- Roadside emergency kit (spare tire, tire iron, jumper cables, flashlight, first-aid kit, etc.)
- GPS or navigation system (or printed maps if you prefer)
- Phone charger and/or portable battery pack
- Comfortable clothing and shoes for driving and exploring
- Snacks and drinks (consider non-perishable items that won't spoil easily)
- Water bottle or hydration system
- Sunglasses and sunscreen
- Toiletries (toothbrush, toothpaste, deodorant, etc.)
- Hand sanitizer and disinfectant wipes (especially if traveling during a pandemic)
- Cash and/or credit card
- Blanket and/or pillows for napping
- Camera or smartphone with a good camera
- Binoculars or a small telescope for sightseeing

FOOD

- Trail Mix: Trail mix is easy to make and stays fresh for several days. This [Pistachio-Chip Trail Mix](#) is my go-to recipe.
- Packable fresh fruit: Some great choices are strawberries, blueberries, bananas, apples, or tangerines.
- Veggies: Baby carrots, green bell peppers, cucumbers, green beans, and celery are all great choices.
- Sandwiches: Any type of nut butter sandwich will travel well. We love peanut butter, sunflower seed butter, or almond butter with jelly.
- Dried Fruit: (without added sugar.) Raisins, mangos, apricots, and apple rings are our favorite dried fruits.
- Pretzels: They travel easy and are very tasty
- Granola Bars and Homemade Fruit Leather: I love making these [No-Bake Granola Bites](#) or [Fruity Fun Rolls Ups](#) for easy on-the-go snacks.
- Cheese and Whole Wheat Crackers
- Plain Popcorn
- Muffins
- Apple Sauce Pouches
- Yogurt
- Nuts
- Water

FUN

- Books: bring a few books that you've been wanting to read or novels that you've already read and enjoyed.
- Audiobooks: if you're not a fan of reading, try audiobooks.
- Music: create a playlist or bring your favorite CDs.
- Podcasts: there are many interesting and informative podcasts that you can download and listen to while on the road.
- Games: bring some board games or card games that you and your road trip companions can play. Some popular games include: Scrabble, Uno, and Cards Against Humanity.
- Movies/TV shows: download your favorite shows on your, phone, tablet or laptop.
- Coloring books: if you're into art and relaxation, bring a few coloring books and colored pencils to help pass the time.
- Crossword puzzles/Sudoku: these can be great ways to keep your mind sharp while on the road.
- Journals: bring a journal to document your trip or to write down your thoughts and reflections during the journey.
- Binoculars: if you'll be traveling through scenic areas or national parks, bring binoculars to help you see wildlife or other points of interest.