



# Winter Sun Packing Checklist for Families

Ready for a winter sun getaway? From layers for cooler evenings to beachwear for sunny days, here's everything you need to pack.



Tick items off as you go!

## Essential Documents

- |  |   |
|--|---|
| <input type="checkbox"/> Passport (with 6 months validity)   | <input type="checkbox"/> Debit/credit card with no fees     |
| <input type="checkbox"/> Flight tickets/confirmations        | <input type="checkbox"/> Travel insurance documents         |
| <input type="checkbox"/> Accommodation bookings              | <input type="checkbox"/> Driving license (if renting a car) |
| <input type="checkbox"/> Printed addresses (handy for taxis) |   |

## Clothing For The Family

- |  |   |
|--|---|
| <input type="checkbox"/> Shorts and T-shirts (one set per day) | <input type="checkbox"/> Underwear and socks          |
| <input type="checkbox"/> Warm layer (sweatshirt or knit)       | <input type="checkbox"/> Comfortable walking shoes    |
| <input type="checkbox"/> Light jacket                          | <input type="checkbox"/> <u>Sandals or flip flops</u> |
| <input type="checkbox"/> Eveningwear (dresses or shirts)       | <input type="checkbox"/> Sun hat or cap               |
| <input type="checkbox"/> Swimwear x 2                          | <input type="checkbox"/> Sunglasses                   |
| <input type="checkbox"/> Jeans/trousers                        | <input type="checkbox"/> Pyjamas                      |
| <input type="checkbox"/> Jewellery                             | <input type="checkbox"/> Lightweight scarf            |

TOP TIP: Check the weather forecast before you travel and don't be afraid to add more warm layers. It's not worth being cold because you wish you were wearing shorts and t shirts!

## For Babies and Toddlers

- |   |  |
|---|--|
| <input type="checkbox"/> <u>Lightweight travel stroller</u> | <input type="checkbox"/> Wipes                         |
| <input type="checkbox"/> <u>Baby carrier</u>                | <input type="checkbox"/> Travel sized nappy cream      |
| <input type="checkbox"/> Changing mat                       | <input type="checkbox"/> <u>Travel high chair</u>      |
| <input type="checkbox"/> Nappies (3-4 days worth)           | <input type="checkbox"/> Bottles and formula           |
| <input type="checkbox"/> Favourite toy/comfort item         | <input type="checkbox"/> Sippy cup and snacks          |
| <input type="checkbox"/> Bedtime story book                 | <input type="checkbox"/> <u>Sticker/activity books</u> |



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Use my discount code THATMUMTRAVEL5KL00K to save on: Tokyo Disneyland, Disney Sea, Universal Studios Japan, Rail Passes, Airport Transfers, and more...



## Toiletries and Personal Care

- |   |  |
|---|--|
| <input type="checkbox"/> Tooth brushes/tooth paste          | <input type="checkbox"/> Hairbrush/comb                    |
| <input type="checkbox"/> <u>Lightweight beach towels</u>    | <input type="checkbox"/> Hair ties                         |
| <input type="checkbox"/> Shampoo/conditioner                | <input type="checkbox"/> <u>Lip balm</u>                   |
| <input type="checkbox"/> Body wash                          | <input type="checkbox"/> Hand sanitiser                    |
| <input type="checkbox"/> Deodorant                          | <input type="checkbox"/> After sun lotion                  |
| <input type="checkbox"/> <u>Sunscreen (at least SPF 30)</u> | <input type="checkbox"/> Make up and travel sized skincare |

## Tech and Electronics

- |  |   |
|--|---|
| <input type="checkbox"/> <u>Worldwide travel adaptor</u>       | <input type="checkbox"/> Tablet/switch/travel console |
| <input type="checkbox"/> Beach bag                             | <input type="checkbox"/> <u>Pool floats</u>           |
| <input type="checkbox"/> <u>Power bank</u> (highly recommend!) | <input type="checkbox"/> Travel games/card games      |
| <input type="checkbox"/> Phone and charger                     | <input type="checkbox"/> Selfie Stick                 |
| <input type="checkbox"/> Camera and SD cards                   |   |
| <input type="checkbox"/> Noise cancelling headphones           |   |
| <input type="checkbox"/> <u>Apple airtags for luggage</u>      |   |



## Medicines and First Aid

- |  |   |
|--|---|
| <input type="checkbox"/> Paracetamol/ibuprofen (kids and adults) | <input type="checkbox"/> Thermometer                        |
| <input type="checkbox"/> Plasters and antiseptic wipes           | <input type="checkbox"/> <u>First aid kit</u>               |
| <input type="checkbox"/> Motion sickness tablets                 | <input type="checkbox"/> Medication (in original packaging) |
| <input type="checkbox"/> Antihistamines                          | <input type="checkbox"/> Imodium                            |
| <input type="checkbox"/> Rehydration sachets                     | <input type="checkbox"/> Cooling/heat pads                  |

DON'T FORGET: click the links to shop my favourite family-friendly products, if you need any extras for your trip. It makes packing easier and helps support the blog at no extra cost to you!