

## Packing List - Adults

- DAY PACK
- WATER BOTTLE
- MOBILE PHONE CHARGER
- SUN HAT
- COLD WEATHER HEADBAND/HAT
- SUNGLASSES
- EXERCISE SHOES
- YOGA LEGGINGS/PANTS/ETC
- LOUNGE WEAR FOR EVENINGS
- T-SHIRTS
- JEANS & SOCKS
- SPORTS BRAS
- WARM CARDIGAN
- LIGHT WEIGHT WATER-PROOF JACKET
- PAJAMAS
- TOILETRIES (*FACE WASH, MOISTURIZER, SHAMPOO, HAIRBRUSH, ETC*)
- TOOTHBRUSH AND TOOTHPASTE
- SUNSCREEN
- MEDICATIONS (*DAILY VITAMIN, IBUPROFEN, ETC*)
- EYE MASK
- HEADPHONES
- JOURNAL, BOOK

## Packing List - Children

- DIAPER BAG/DAY PACK
- FAVORITE TOYS, BOOKS, STUFFED ANIMALS
- WHITE NOISE MACHINE
- MONITOR AND CAMERA WITH CHARGER
- MEDICATIONS (*VITAMIN D, FEVER REDUCING MEDICATION, ALLERGY MEDICATION, ETC*)
- TOOTHBRUSH AND TOOTHPASTE
- BLANKET
- BIBS
- DIAPERS AND WIPES
- DIAPER OINTMENT AND LOTION
- OUTFITS (*SHORT AND LONG SLEEVE SHIRTS, PANTS, ETC*)
- WARM CARDIGANS
- SOCKS
- SHOES
- DISPOSABLE CHANGING PAD
- PORTABLE CHANGING TABLE
- PAJAMAS
- SUN HAT
- WINTER HAT
- WATER-PROOF JACKET
- SUNGLASSES
- BATH TIME GEAR (*BATH WASH, TOWEL, PORTABLE TUB, ETC*)
- LAUNDRY BAG
- EATING GEAR (*PLATE, BOWL, DRINKING CUP, BOTTLES, SPOONS, FORMULA, ANY SPECIFIC FOOD POUCHES/JARS, ETC*)
- TRAVEL BED/COT AND SHEETS
- BABY WEAR HARNESS
- STROLLER AND RAIN COVER
- TRAVEL HIGHCHAIR (*OPTIONAL*)

---

NOTE: *With advance notice we can provide stroller, baby wear harness, travel bed/cot, and/or portable tub upon availability for additional fees.*

*Note that highchairs will be provided.*