Pre-Trip Checklist

Leave ready. Come home happy.

The Week Before

Appointments & Personal Prep

- ☐ Book your hair appointment: color, trim, haircut, or blowout, if needed.
- ☐ Schedule eyebrow shaping or tinting, if part of your routine.
- ☐ Book a lash lift, if you want one before the trip.
- ☐ Schedule your manicure and pedicure.
- ☐ Book waxing, or plan time to shave closer to departure.
- ☐ Check your toiletries and grooming essentials; replace anything running low.
- ☐ Request prescription refills early enough to pick them up before leaving.

Travel & Home Arrangements

- ☐ Review your reservations, arrival times, and transportation plans.
- ☐ Arrange pet care, plant care, and someone to check on the house, if needed.
- ☐ Share your itinerary and contact details with someone you trust.
- ☐ Check that you have the adapters, chargers, and travel supplies you need.
- ☐ Plan your outfits and leave time to wash anything you want to pack.
- ☐ Start using up food that will spoil while you are away.
- ☐ Plan an easy freezer meal for your first night home.

One or Two Days Before

Get the House Ready

- ☐ Clean the kitchen, finish the dishes, and wipe the counters.
- ☐ Clear out anything in the fridge that will spoil while you are away.
- ☐ Finish the laundry, including drying and putting it away.
- ☐ Vacuum or sweep the main living areas.
- ☐ Change your bedsheets for a fresh bed when you return.
- ☐ Prepare and freeze an easy meal for your first night home.
- ☐ Confirm pet care, plant care, and house-check arrangements.

Get Your Travel Essentials Ready

- ☐ Save offline copies of tickets, hotel confirmations, and transportation details.
- ☐ Download offline maps for your destination.
- ☐ Install your eSIM on home Wi-Fi; follow your provider's activation instructions.
- ☐ Pick up prescriptions and pack enough for your trip, plus a few extra days.
- ☐ Decant toiletries into travel containers and check for leaks.
- ☐ Pack your bags and check your airline's baggage allowance.
- ☐ Confirm your ride to the airport and decide when you need to leave.
- ☐ Set your work out-of-office reply, if needed.

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The Night Before

Finish Packing

- ☐ Check in online when your airline's check-in window opens.
- ☐ Save your boarding pass where you can access it easily.
- ☐ Weigh your luggage and make any final adjustments.
- ☐ Charge your phone, camera, laptop, and power bank.
- ☐ Put your passport or ID, wallet, and medications in your personal bag.
- ☐ Set aside your travel outfit and comfortable shoes.
- ☐ Leave room for the toiletries and chargers you will use in the morning.

Get Yourself Ready

- ☐ Shave, if part of your routine.
- ☐ Finish your usual skincare and grooming.
- ☐ Set your alarm and confirm your airport departure time.
- ☐ Check the latest flight status.
- ☐ Prepare a snack and set out your refillable water bottle.
- ☐ Write down any last-minute tasks for the morning.
- ☐ Get to bed with enough time to rest.

Before You Walk Out

One Last House Check

- ☐ Take out the trash and recycling.
- ☐ Check that the stove and oven are off.
- ☐ Unplug non-essential appliances and electronics.
- ☐ Adjust the thermostat for your time away.
- ☐ Water plants as needed, or leave care instructions.
- ☐ Check that windows and exterior doors are locked.
- ☐ Set the alarm, if you have one.

One Last Bag Check

- ☐ Passport or ID, wallet, and payment cards.
- ☐ Phone and boarding pass.
- ☐ Medications and essential personal items.
- ☐ Chargers and power bank.
- ☐ Toiletries you used this morning.
- ☐ House keys and any keys you need when you return.
- ☐ All bags, including your personal item.

MY TWO EXTRAS

Skip the usual grocery run before leaving, and leave a meal in the freezer for your first night home.