

## Long Road Trip Checklist

### Car Organization

- Remove clutter from car
- Clean windows and mirrors
- Set up seat-back organizer or car caddy
- Small trash bag within reach
- Tissues or wipes
- Hand sanitizer
- Sunglasses
- Sweater or wrap near the front seat
- Extra water bottles stored in the trunk
- Collapsible trunk bins for luggage and supplies

### Comfort Items

- Lumbar support cushion
- Neck pillow
- Soft blanket
- Comfortable walking shoes
- Lightweight jacket or wrap
- Refillable water bottle
- Lip balm
- Travel-size lotion
- Seat belt comfort strap (optional)

### Healthy Snacks

- Fresh fruit (apples, grapes, mandarin oranges)
- Cheese sticks or cheese cubes
- Whole-grain crackers
- Trail mix or nuts
- Protein bars (low sugar)
- Baby carrots or celery
- Peanut-butter pretzels
- Snack-size zip bags or containers

### Tech & Navigation

- Phone mount (eye-level)
- Car charger
- Extra charging cable
- Portable power bank
- Google Maps downloaded offline
- Waze or Roadtrippers app installed
- AAA app installed
- GasBuddy app installed
- Route planned ahead of time
- Backup printed directions (optional)

### Medications & Health Needs

- Medication organizer filled
- Extra 7 days of medications
- List of current medications
- List of emergency contacts
- Reusable water bottle
- Compression socks for long stretches
- Mini first-aid kit
- Hand wipes

### Safety & Emergency Supplies

- Car manual
- Insurance card and registration
- Flashlight (with batteries)
- Blanket for emergencies
- Jumper cables or battery starter
- Tire pressure gauge
- Spare tire and tools
- Roadside assistance card or AAA membership
- Rain poncho
- Reflective triangle (optional)

#### Rest Stop Essentials

- Comfortable walking shoes
- Timing reminders to stop every 2 hours
- Gentle stretching plan (back, legs, shoulders)
- Easy-to-reach snacks
- Hydration reminders

#### Before Leaving the Driveway

- Oil changed recently
- Tires inspected and inflated
- Washer fluid topped off
- Phone fully charged
- Notify someone of your route
- Confirm hotel or destination address
- Lock doors, windows, and thermostat at home
- Bring house keys, mailbox key, and car keys