



**THE ULTIMATE
SUMMER
PLANNING PACK
FOR MOMS**



BUCKET LIST

- Have a backyard picnic
- Make root beer floats
- Look at the stars
- Visit an amusement park
- Skip stones
- Create an obstacle course
- Pick berries or peaches
- Swim in a lake
- Picnic at a park
- Go to a yard sale
- Make a s'more
- Run through the sprinkler
- Visit a farmer's market
- Go to a baseball game
- Watch a thunderstorm
- Find a new playground
- Play miniature golf
- Watch a sunset
- Library summer reading program
- Catch fireflies
- Take a bike ride
- Visit a state or national park
- Go out for ice cream
- Visit a nature center
- Visit a local carnival or festival
- Make popsicles
- Grow a garden
- Make lemonade
- Take a hike
- Mail a letter





BUCKET LIST

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ACTIVITY CALENDAR

SCIENCE SUNDAY	MIX IT UP MONDAY	TAKE A TRIP TUESDAY	ARTWORK WEDNESDAY	THOUGHTFUL THURSDAY	FOOD FRIDAY	SUNSHINE SATURDAY
 COLOR CHANGING MILK	 CRAZY SPAGHETTI DINNER	 VISIT A NEW PLAYGROUND	 DANDELION THUMBPRINT ART	 BAKE COOKIES FOR A NEIGHBOR	 RAINBOW FRUIT CUPS	 WATER BALLOON BASEBALL
 BUBBLE IN A BUBBLE	 DRAW WITH WET SIDEWALK CHALK	 TAKE A HIKE	 ANDY WARHOL PROJECT	 MAKE & MAIL A CARD	 CHOCOLATE FROZEN BANANAS	 GIANT BUBBLES
 WALKING ON EGGSHELLS	 LIVING ROOM SLEEPOVER	 NIGHT WALK WITH GLOW STICKS	 OUTDOOR NAME PAINTING	 FACETIME A RELATIVE	 ROOT BEER FLOATS	 MAGIC POTIONS
 FLOATING WATER	 GLOW STICK BATH	 PICNIC LUNCH	 SEA STAR FOOTPRINT ART	 INVITE A FRIEND TO DINNER	 S'MORES DIP	 OUTDOOR TOY PAINTING

CLICK ON ACTIVITIES FOR LINKS



PRE-TRAVEL CHECKLIST

1 week (or more) before a trip:

- Print and review packing checklists
- Make a shopping list and go shopping
- Plan entertainment for plane or car ride
- Stop your mail/newspaper
- Ask a friend or neighbor to take care of pets/plants while you are gone

2 days before:

- Straighten house
- Do laundry
- Shop for food and snacks

1 day before:

- Finish remaining laundry and set out travel day clothes
- Designate a room or space in your house for packed items
- Pack bags using checklists

Travel day:

- Get dressed in outfits that you set out yesterday
- Pack remaining items as you go through your morning routine
- Check your lists and add any other missing items
- Load items into car





PICTURE PACKING LIST

 _____

OUTFITS

 _____

DRESS CLOTHES

 _____

UNDERWEAR

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SOCKS

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SHOES

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SWEATSHIRTS/JACKETS

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PAJAMAS

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SWIMSUITS/COVERS

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TOILETRIES

 _____

HAIR CARE

 _____

SPECIAL NIGHTTIME
ITEMS





PACKING CHECKLIST

Clothes

- Outfits (1 per day + 1-2 extra)
- Underwear and bras
- Socks
- Shoes
- Sweatshirt or jacket
- Pajamas
- Swimsuit & cover

First Aid

- Daily vitamins & medications
- Tylenol / Advil
- Tums
- Band-aids
- Sunscreen
- Insect repellent

Toiletries

- Shampoo / Conditioner
- Body wash / Soap
- Loofah / Washcloth
- Deodorant
- Toothbrush & toothpaste
- Dental floss / Mouthwash
- Razor & Shaving cream
- Lotion
- Hairbrush / Comb
- Hair ties / Clips
- Hair products
- Tampons / Pads
- Face / Skin care products
- Make up
- Glasses / Contact care

Click for a specific [beach packing checklist](#) or a [camping packing checklist](#)



PACKING CHECKLIST

Other

- Camera
 - Pillow / Bedding
 - Electronics with chargers
 - Umbrella
 - Wallet or purse
 - Phone and charger
 - Keys
 - Water bottle
 - Snacks
 - Hand sanitizer
 - Sunglasses
 - Hair dryer, straightener, or curling iron
 - Jewelry
 - Books or magazines
 - Trash bag for laundry
 - Beach / Bath towel
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PACKING CHECKLIST

(FOR A BABY OR TODDLER)

Clothing

- Outfits (2 per day)
- Diapers / Pull-ups & wipes
- Socks
- Shoes
- Jacket / Sweatshirt
- Pajamas
- Swaddle/sleep sack
- Swimsuit, swim diapers & hat
- Bibs and burp cloths

Toiletries

- Shampoo/body wash
- Washcloths
- Toothbrush & toothpaste
- Lotion
- Hairbrush / Comb
- Hair bows / Hats

Gear

- Car seat and base, if needed
- Stroller/baby carrier
- Portable high chair
- Travel crib
- Bedding
- Special bedtime items (stuffed animal, blanket)
- Baby bath seat
- Toys/books





PACKING CHECKLIST

(FOR A BABY OR TODDLER)

First aid

- Daily vitamins & medications
- Diaper cream
- Infant / Children's Tylenol
- Band-aids
- Benadryl
- Thermometer
- Sunscreen
- Insect repellent

Other

- Trash bags for diapers / laundry
- Beach / Bath towel
- Feeding items (bottles, baby food, utensils, placemat, etc.)
- Dish soap & bottle brush
- Baby monitor

Diaper bag

- Diapers
- Wipes
- Changing pad
- An extra set of clothes
- Empty plastic bag
- Hand sanitizer
- Snacks
- Sippy cup / Bottles
- Baby blanket / Nursing cover
- Toys or books
- Extra pacifiers





DESTINATIONS

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SNACK IDEAS

- Cooked apples with cinnamon
- A banana with peanut butter or Nutella
- Clementines
- String cheese
- Cubed cheese
- Roasted chickpeas
- Hardboiled or deviled eggs
- Avocado toast
- Yogurt
- Cottage cheese
- Smoothies
- Raisins
- Cut melon
- Crackers: Wheat Thins, Triscuits, Oyster Crackers, Ritz Crackers, Saltines, Graham Crackers, Goldfish Crackers, Cheez-Its
- Raspberries or blackberries
- Fruit salad
- Pickles or olives
- Mini PB&Js
- Beef sticks/beef jerky
- Pimiento cheese on crackers
- Cookies: Nilla Wafers, Animal Crackers, Teddy Grahams
- Cheese or peanut butter sandwich crackers
- Fruit or applesauce pouches
- Rice cakes
- Cereal
- Veggie straws
- Babybel cheese
- Chocolate milk boxes
- Bars: Granola bars, cereal bars, Nutri-Grain bars, soft-baked oatmeal squares



MORE SNACK IDEAS

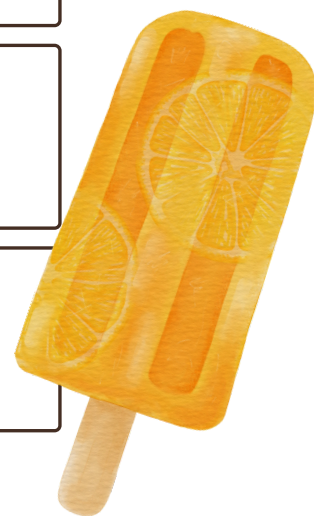
- Deli meat: Turkey, ham, chicken, salami or pepperoni
- Grapes
- Quesadillas
- Scrambled eggs
- Chicken or tuna salad on crackers
- Bean salad
- Veggies with hummus or dip
- Sliced mango
- Kiwi
- Muffins: Bran, oatmeal, blueberry, pumpkin, banana, etc.
- Egg bites
- Popcorn
- Popsicles
- Energy bites
- Dried fruit
- Trail mix/ mixed nuts
- Soft pretzels
- Overnight oats
- Strawberries
- Baked oatmeal
- Popcorners
- A sliced pear
- Oatmeal
- Blueberries
- Yogurt parfaits
- Rotisserie chicken
- English muffins
- Cinnamon toast
- Pumpkin or sunflower seeds
- Eggs cooked over-easy with toast
- Cubed chicken, ham, or turkey
- Pretzels with hummus or dip
- Tortilla chips with salsa or guacamole





MEAL PLANNER

S	Breakfast:	Lunch:	Dinner:
m	Breakfast:	Lunch:	Dinner:
t	Breakfast:	Lunch:	Dinner:
w	Breakfast:	Lunch:	Dinner:
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GROCERY SHOPPING

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POOL BAG CHECKLIST

- Towels
- Swimsuits & covers
- Changes of clothes
- Wet bag
- Flotation devices
- Pool toys
- Goggles
- Sunscreen
- Sunglasses
- Hats
- Water bottles/drinks
- Snacks
- Phone
- Keys
- Wallet
- Money

- Band-Aids
- Auro Dri
- Hair brush and hair ties
- Chapstick
- Hand sanitizer
- Shampoo / body wash

For a baby/toddler:

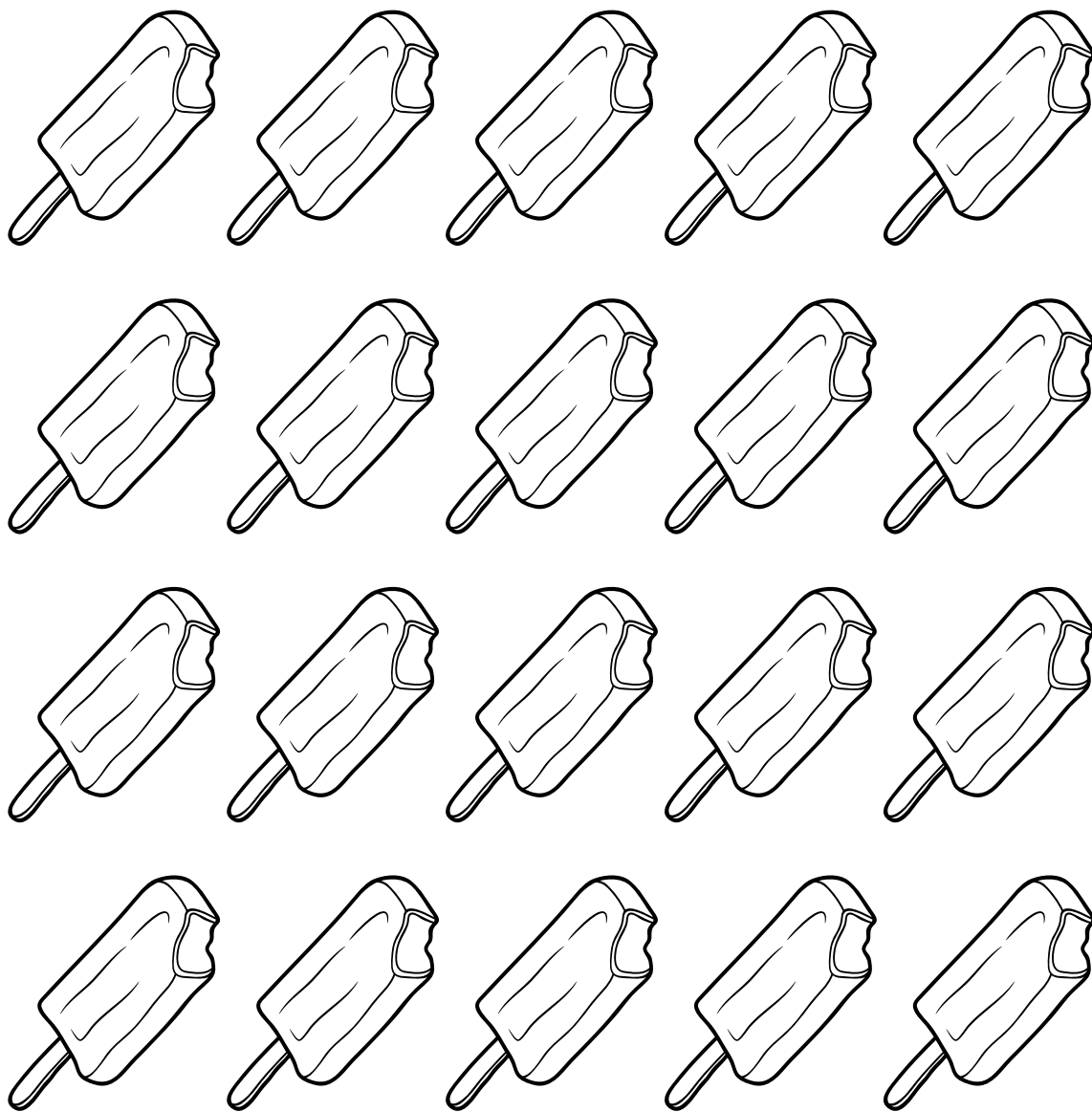
- Diaper changing supplies
(including swim diapers)
- Nursing cover or bottles
- Pacifier
- Sun hat
- Toys





READING CHALLENGE

Color 1 popsicle for every 20 minutes of reading
OR for every book read.





WANT-TO-READ

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READING LOG

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REMINDERS

To do:

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To buy:

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Library list:

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Notes:

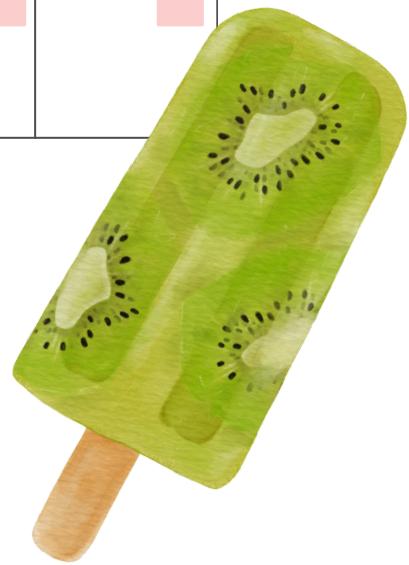
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JUNE

SUN	MON	TUE	WED	THU	FRI	SAT





JULY

SUN MON TUE WED THU FRI SAT





AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT

