



TEN DAY HOLIDAY

FAMILY PACKING CHECKLIST

JUNE/JULY HOLIDAYS – SOUTH AFRICAN TRAVELLERS



**LUGGAGE
WAREHOUSE**
Best brands. Best prices. We deliver.

TICK EACH LINE BEFORE ZIPPING THE SUITCASES AND
ENJOY A RELAXED, WELL-ORGANISED HOLIDAY.

THE MUST-HAVES

FOR THE WHOLE FAMILY

MEDICAL AND WELLNESS

- ☐ Prescription medicines in original packaging plus doctor's letter
- ☐ Repeat scripts for chronic medication
- ☐ Pain relief: paracetamol and ibuprofen (adult and paediatric)
- ☐ Antihistamine tablets and syrup
- ☐ Motion-sickness remedies
- ☐ Antiseptic cream and plasters
- ☐ Digital thermometer
- ☐ Rehydration sachets / electrolytes
- ☐ Insect repellent and bite-relief stick
- ☐ Travel-size broad-spectrum SPF 30+
- ☐ Hand sanitiser and masks (still useful on flights)
- ☐ Small first-aid kit scissors, tweezers, safety pins

TRAVEL DOCUMENTS AND MONEY

- ☐ Passports, visas and vaccination certificates
- ☐ Airline tickets / e-passes stored offline
- ☐ Travel insurance policy and emergency numbers
- ☐ SARS customs allowance guide for duty-free limits
- ☐ Driver's licence plus International Driving Permit if needed
- ☐ Credit and debit cards, small stash of foreign cash
- ☐ Digital and paper copies of all key documents
- ☐ Consent affidavits for minors travelling without one parent
- ☐ Pen for immigration forms

TECH AND GADGETS

- ☐ Multi-plug adapter (Type M plus universal sockets)
- ☐ Extension lead (hotel rooms often lack sockets)
- ☐ Chargers for all devices, clearly labelled
- ☐ Spare USB-C / Lightning cables
- ☐ Power banks (carry-on only)
- ☐ Laptop / tablet and charger
- ☐ Camera, lenses, spare memory cards and batteries
- ☐ Noise-cancelling earbuds for parents
- ☐ Car USB adapter and phone mount if hiring a car
- ☐ E-SIM or roaming plan details saved offline
- ☐ Bluetooth / GPS luggage trackers

EXTRAS

FOR WINTER DEPARTURES FROM SOUTH AFRICA

- ☐ Lightweight down jackets that pack into a pouch
- ☐ Re-usable hot-drink cups for airport coffee queues
- ☐ Neck pillows and thin blankets for cool aircraft cabins



FLIGHT ESSENTIALS

THE KIDS

BABY

- ☐ Nappies – one per two hours of travel, plus extras for delays
- ☐ Baby wipes and nappy-rash cream
- ☐ Formula, bottles, sterilising kit / breast pump and storage bags
- ☐ Baby food pouches and spoons
- ☐ Bibs and muslin cloths
- ☐ Dummy / soother with spare
- ☐ Lightweight pram or travel-system stroller
- ☐ Baby carrier / sling
- ☐ Sleep suits and vests (layer for chilly evenings)
- ☐ Warm blanket and favourite comfort toy
- ☐ Portable blackout shade or pram cover
- ☐ Infant sunscreen (SPF 50, mineral-based) and sun-hat
- ☐ Fold-up change mat
- ☐ Travel-size baby toiletries (tear-free shampoo, lotion)
- ☐ Infant paracetamol drops and dosing syringe

PRE-TEENS

- ☐ Identity document / unabridged birth certificate for borders
- ☐ Tablet or e-reader with films and books downloaded
- ☐ Volume-limited headphones
- ☐ Hoodie or fleece
- ☐ Swimwear and goggles
- ☐ Trainers and flip-flops
- ☐ Travel journal and pens
- ☐ Water bottle and snack bars
- ☐ Rain jacket or compact umbrella
- ☐ Small power bank
- ☐ Favourite card game or Rubik's cube

TODDLERS

- ☐ Pull-ups or night nappies if needed
- ☐ Favourite snacks in resealable bags
- ☐ Sippy cup or water bottle
- ☐ Compact travel potty or seat adaptor
- ☐ Lightweight stroller or harness reins
- ☐ Small backpack with books, crayons, colouring pad
- ☐ Travel-size board games or magnetic puzzles
- ☐ Sun-hat, beanie and mittens for cold mornings
- ☐ Spare shoes and socks
- ☐ Pyjamas and layered outfits for changeable climates
- ☐ Child-safe insect repellent

TEENS

- ☐ Passport (six months' validity minimum)
- ☐ Parental consent affidavit if travelling without both parents
- ☐ Phone, charger and power bank
- ☐ SIM card or roaming plan sorted beforehand
- ☐ Noise-cancelling headphones
- ☐ Portable speaker if allowed
- ☐ Casual outfits, smart outfit, trainers, slides
- ☐ Toiletries, skincare and personal hygiene items
- ☐ Sunglasses and cap / beanie
- ☐ Book or Kindle
- ☐ Re-usable tote for souvenirs or laundrette runs



TRAVEL CLOTHES

THE KIDS

BABY

0 – 24 MONTHS

- ☐ 10 – 12 bodysuits / vests
- ☐ 10 sleepsuits or pyjamas
- ☐ 3 warm cardigans or jerseys
- ☐ 4 pairs soft leggings or trousers
- ☐ 2 lightweight jackets or pram suits
- ☐ 2 beanies and 2 pairs mittens
- ☐ 7 pairs socks or booties
- ☐ 2 swimsuits or rash vests (many pools are heated)
- ☐ 1 fleece snowsuit for cold destinations

TODDLERS

2 - 4 YEARS

- ☐ 6 – 8 T-shirts
- ☐ 4 long-sleeve tops
- ☐ 2 hoodies or fleeces
- ☐ 3 pairs jeans or leggings
- ☐ 2 pairs shorts
- ☐ 2 sets pyjamas
- ☐ 10 pairs underwear or pull-ups
- ☐ 1 waterproof rain jacket
- ☐ 1 packable puffer gilet
- ☐ Trainers, sandals, optional wellies
- ☐ 2 swimsuits

PRE-TEENS

5 – 11 YEARS

- ☐ 7 casual T-shirts
- ☐ 3 long-sleeve tops
- ☐ 2 jumpers or hoodies
- ☐ 3 pairs jeans, chinos or leggings
- ☐ 2 pairs shorts or skirts
- ☐ 1 smart shirt, blouse or dress
- ☐ Lightweight raincoat plus warm jacket
- ☐ 10 pairs underwear, 4 pairs crew socks, 4 ankle socks
- ☐ 2 sets sleepwear
- ☐ Trainers, flip-flops, smart-casual shoes
- ☐ Swimwear and rash vest

TEENS

12 – 17 YEARS

- ☐ 7 casual tops
- ☐ 3 long-sleeve layers
- ☐ 2 hoodies or sweatshirts
- ☐ 3 pairs jeans or joggers
- ☐ 2 pairs shorts or skirts
- ☐ 1 smart outfit for evenings out
- ☐ Light rain jacket and packable down jacket
- ☐ 10 pairs underwear, 5 pairs socks, bras as needed
- ☐ 2 sets pyjamas
- ☐ Trainers, slides, smart shoes
- ☐ Swimwear and cover-up



TRAVEL CLOTHES

ADULTS AND ACCESSORIES

ADULTS

18 AND OVER

- ☐ 7 casual tops and 3 smarter shirts or blouses
- ☐ 3 long-sleeve layers or jerseys
- ☐ 3 pairs jeans, chinos or leggings
- ☐ 2 pairs shorts or skirts
- ☐ 1 smart outfit or dress
- ☐ 1 lightweight thermal base layer
- ☐ Packable down jacket and waterproof shell (layer rather than pack bulky coats)
- ☐ 10 pairs underwear, 5 pairs socks, 2 sports socks, bras
- ☐ 2 sets pyjamas
- ☐ Comfortable walking shoes, sandals, smart shoes
- ☐ Swimwear and sarong or cover-up

ACCESSORIES

ALL AGES

- ☐ Belts
- ☐ Hats, beanies, gloves, scarves
- ☐ Sunglasses
- ☐ Minimal jewellery
- ☐ Laundry bag, detergent strips and travel clothesline





NOW YOU ARE

PACKED AND READY

ENJOY!

