

Transition Bag Checklist

What goes with the kids every time

STILL DAD

EVERY TRIP: NO EXCEPTIONS

- Backpack with their name on it
- Any medications with dosage instructions
- Comfort item (stuffed animal, blanket) for younger kids
- Phone or device if they have one, with charger
- School homework or assignments due
- Any signed forms or permission slips

CLOTHING

- Enough outfits for the stay
- Underwear and socks (always pack extra)
- Pajamas
- Weather-appropriate layers (jacket, hoodie)
- Shoes for activities planned
- Sports uniform if a game is coming up
- Swimsuit if relevant

COMFORT ITEMS

- Stuffed animal or special toy (ages vary)
- Comfort blanket if they use one
- Any "lovey" or sleep item: this is non-negotiable
- A book they're currently reading

ELECTRONICS & ENTERTAINMENT

- Tablet or device with charger
- Headphones
- Handheld game device if they have one
- Downloaded shows or games for car/travel

SCHOOL

- Backpack with all contents from last school day
- Lunch box (clean)
- Library books due back
- Any project materials
- Reading log if required
- Planner or agenda book

MEDICAL

- Prescription medications with clear dosage label
- Epipen if prescribed: both homes should have one
- Inhaler if prescribed
- Allergy medication if needed
- Written note with dosage schedule for anything new

SEASONAL ADDITIONS

Fall / Winter

- Hat and gloves
- Heavy coat or snow jacket
- Snow boots if in a cold climate
- Thermal underlayer for very cold days

Spring / Summer

- Sunscreen (labeled with their name)
- Sunglasses
- Bug spray for outdoor activities
- Swimsuit, towel, water shoes
- Water bottle with their name on it

Tip: Keep duplicates of comfort items and basic supplies at both homes when possible. Fewer bags means fewer forgotten things. A missing lovey at midnight is nobody's win.