



Mindful Vacation Planning Checklist

Pack light. Travel well. Return restored.



Before You Go

Lay the groundwork for a smooth, stress-free getaway.

- ☐ Confirm all travel details (lodging, flights, transportation, etc.)
- ☐ Share your itinerary with a trusted contact
- ☐ Arrange care for pets, plants, or mail
- ☐ Set an out-of-office message (give yourself permission to unplug!)
- ☐ Prep your home: take out trash, wash dishes, change sheets



Mindset + Self-Care Prep

Pack peace of mind right alongside your toothbrush.

- ☐ Set a travel intention (peace, adventure, rest, joy...?)
- ☐ Release one “should” or worry you're not taking with you
- ☐ Add a journal or small notebook to your bag
- ☐ Pack a grounding item (essential oil, crystal, photo, mantra card)



Packing Basics (edit as needed!)

Bring only what serves you—leave space for what matters.

- ☐ Undergarments + socks
- ☐ Tops + bottoms (mix + match outfits)
- ☐ Pajamas or sleepwear
- ☐ Comfortable shoes (and maybe sandals)
- ☐ Toiletries (travel-size, refillable if possible!)
- ☐ Medications + supplements
- ☐ Chargers + power bank
- ☐ Reusable water bottle + snacks
- ☐ Sunglasses, hat, or sunscreen
- ☐ Weather-appropriate extras (swimsuit, jacket, scarf)

 While You're On Your Trip

Stay present. Stay light. Let the joy sink in.

- ☐ Check in with yourself daily: *How do I want to feel today?*
- ☐ Let go of rigid plans—leave space for rest, surprises, and wonder
- ☐ Practice mindful observation: pause to truly *see* one moment each day
- ☐ Choose presence over perfection in photos and experiences
- ☐ Limit digital clutter: unplug when you can, tidy your camera roll at night
- ☐ Create a memory—choose a phrase that brings back the essence of this trip
- ☐ Keep a short daily journal (3 lines or less is enough!)
- ☐ Breathe deeply before bed to ground and settle your energy
- ☐ Do a mini body scan or stretch in the morning—*reclaim your rhythm*
- ☐ Gently remind yourself: “I don’t have to do everything. I just have to be here.”

 Upon Return Prep (Future You will thank you!)

Ease back in gently—let your homecoming be part of the journey.

- ☐ Schedule a gentle buffer day—don’t overschedule the first day back
- ☐ Leave space in your calendar to unpack
- ☐ Add “reflect + integrate” to your post-trip to-do list
- ☐ Consider one thing you don’t want to continue from your former routine
- ☐ Declutter and sort your digital photos!
- ☐ Share the best photos with folks who love you. What else are they for?