

## Simplify Travel For Adult ADD/ADHD **Prepping**

Create 2 types of packing lists (see Practical Sort packing lists for ideas and recommendations for stress-less travel)

- Business
- Pleasure

Store the lists in a plastic dry erase sleeve. Place the sleeve in a travel binder or hang from a hook along with these trackable checklists. Keep binder in a place that makes sense for you so you will find it easily.

Check off items with a dry erase marker as you complete. Then erase after your trip to start again fresh next time.

[amazon.com/Dry-Erase-Pockets-Sleeves-Organization/dp/B07JD4Q5D3](https://www.amazon.com/Dry-Erase-Pockets-Sleeves-Organization/dp/B07JD4Q5D3)

Avoid traveling prior to busy schedule times (school start, major project deadlines, guest arrivals, etc.)

Give yourself an extra day off after return to catch up to reduce overwhelm

**You've got this!**

# Simplify Travel

## For Adult ADD/ADHD

### Prepping for Future Travel: Scheduling & Alerts

- Arrange travel
- Flights
- Hotels
- Ground transportation
- Record travel dates as you make arrangements in your electronic and/or paper calendars
- Schedule alert reminder for 1 month prior to leaving or as early as possible to arrange for child, senior parent, pet, plant or home care, and home delivery cessation while you're away
  - Schedule alert reminder for 1-2 weeks before travel to **confirm**
  - Caregivers
    - Childcare
    - Senior Parents or Special Needs
    - Indoor and outdoor plants
    - Home care (lawn, garden, package delivery)
    - Travel transport
    - Postal mail and news paper freeze
  - Schedule 1-2 weeks before travel a review of your packing list for purchasing needed items including pet care supplies
- Schedule reminder 1-2 weeks before travel to order & pickup human and pet prescription refills
- Schedule reminder for day before travel: Flight Check-In



# Simplify Travel

For Adult ADD/ADHD

## Prepping for Future Travel (1-2 weeks before)

- Find binder and packing list
- Purchase needed personal products, apparel, weather gear, snacks, gifts, and travel entertainment
- Refill travel bottles of shampoo, cleanser, soap, laundry detergent
- Notify schools & work of upcoming travel plans
- Order prescription refills
- Pick up prescription refills
- Share emergency contact information with a trusted friend(s) or relative(s)
- Arrange transportation to and from the airport or train station/bus
- Contact post office & newspaper to halt deliveries
- Notify work, school or organizations of your plans
- Ask friend or neighbor to watch your home
- Locate passport or retrieve from safety deposit box if traveling internationally. Place in carry-on.
- Grab extra cash and place in carry-on just in case



# Simplify Travel

For Adult ADD/ADHD

## Prepping for Future Travel (1-2 days before)

- Pack (use packing list as a guide)
- Launder all dirty clothes
- Confirm transportation
- Check tire pressure and gas if driving
- Check-in for flights. Print boarding pass.
- Water indoor and/or outdoor plants
- Adjust lawn sprinkler schedules
- Set indoor and outdoor light timers
- Check lighting for bulb replacement needs
- Straighten up home & clear off desktop surface
- Wipe down counters to prevent infestations
- Take out trash
- Create an instruction list for housesitter
- Pay bills
- Return library books
- Consume perishable foods or give away
- Create a grocery list of essentials for your return
- Charge electronics (laptop, tablet, phone)
- Store valuables in a secure location (checkbooks, fine jewelry, external hard drives, etc.)
- Run dishwasher

# Simplify Travel

## For Adult ADD/ADHD

### Travel Day

- Ensure you have appropriate IDs
- Pack last minute items (use packing list as a guide)
- Arrange pick up transportation if you haven't
- Straighten up home
- Wipe down counters after eating
- Take out trash
- Unplug any unnecessary electronics
- Create an electronic note or place a notepad and pen in your overnight kit to record depleted items needing replacement
- Close blinds
- Adjust thermostat



# Simplify Travel

## For Adult ADD/ADHD

### Return from Travel

Unpack close to laundry area & sort clothes as you unpack



Start laundry

Pick up essential groceries using list you created prior to travel

Check mail

Recycle junk mail

Pay bills

Notify housesitter and others of your safe return

Plan a meal out if necessary to avoid overwhelm

Refill any personal products depleted in overnight travel kit

Recharge electronics

Check calendar for upcoming appointments

Catch up on work if deadline is pending

Modify any light or sprinkler timer settings

Erase dry-erase check marks from your travel binder

Return phone calls

Take time to breathe and restore



# Simplify Travel

## For Adult ADD/ADHD

### Packing for Business

Keep color schemes simple for cross-matching. Choose wrinkle-free fabrics when possible. Keep a list of overnight kit items to be replaced as you travel. Check weather forecasts.

- Undergarments (count number of days then pack a few extra)
- Socks/Hosiery (count number of days then pack 1-2 extra)
- Business pants matched with business blouses/tops & blazers
- Skirts matched with business blouses/tops or dressers
- Business & casual shoes
- Casual pants matched with casual tops
- Accessories: earrings, necklaces, scarves, hair mgmt
- Weather appropriate jacket/sweater
- Work out clothing, footwear, sports bra, hair accessory
- Rain gear (rain jacket, umbrella)
- Hat & gloves in cold weather
- Bathing suit for hotel pool
- Personal products (shampoo, cleanser, cosmetics, fem. hygiene, deodorant, tissues, snacks, toothbrush/toothpaste)
- Pack emergency undergarment, apparel bottom and top, hosiery, business shoes, toothbrush/paste, medications, work assignments, laptop, phone, and charger in your carry-on
- IDs (driver's license, passport, auto insurance card)
- Computer Bag/work tote

# Simplify Travel

## For Adult ADD/ADHD

### Packing for Pleasure

Keep color schemes simple for cross-matching. Choose wrinkle-free fabrics when possible. Keep a list of overnight kit items to be replaced as you travel. Pack 1-2 extra tops and bottoms. Check weather forecasts.

- Undergarments (pack a few extra)
- Socks/Hosiery (pack a few extra)
- Casual pants matched with casual tops
- Dress & casual shoes, sandals
- Weather appropriate jacket/sweater
- Work out clothing, footwear, sports bra, hair accessory
- Accessories: earrings, necklaces, scarves
- Rain gear (rain jacket, umbrella)
- Hat & gloves in cold weather
- Bathing suit, caftan, flip flops for hotel pool
- Personal products (shampoo, cleanser, cosmetics, fem. hygiene, deodorant, snacks, toothbrush/toothpaste)
- Pack emergency undergarment, apparel bottom & top, socks, shoes, tissues, toothbrush/paste, medications, camera, phone, and charger in your carry-on
- IDs (driver's license, passport, auto insurance card)
- Gifts if visiting friends or family



# Simplify Travel

## For Adult ADD/ADHD

### Overnight Kit Packing

- Tissues
- Deodorant
- Cosmetics
- Toothbrush & toothpaste
- Dental floss
- Facial Cleanser
- Moisturizer
- Sunscreen
- Sunglasses
- Band-aids
- First aid ointment
- Nail file
- Phone, laptop, tablet
- Electronics chargers
- Itinerary
- Emergency contact information
- Credit cards
- ID (driver's license, auto insurance card, passport)
- Prescription medications
- Snacks
- Eyeglasses



Seal liquids in double baggies to prevent leaking on clothes.