

BON VOYAGE

DESTINATION	DEPART	DAY	MONTH	DATE	TIME	AIRLINE & FLIGHT No.
		S M T W T F S			: : <input type="checkbox"/> AM <input type="checkbox"/> PM	<input type="checkbox"/> CAR TRIP
TYPE OF TRIP	RETURN	DAY	MONTH	DATE	TIME	AIRLINE & FLIGHT No.
		S M T W T F S			: : <input type="checkbox"/> AM <input type="checkbox"/> PM	<input type="checkbox"/> CAR TRIP

WAY IN ADVANCE	Get vacation days approved at work	Review vaccination needs
	Research destination	Update will
	Plan itinerary	Check status of homeowner's insurance
	Make reservations	Arrange for child care
	Renew passport and/or driver's license	Purchase travel accessories
	Obtain visas	Buy lots of new clothes
	Arrange for medical checkup	
	Arrange for dental checkup	
2 WEEKS BEFORE	Arrange for pet care	Arrange for haircut and/or color
	Arrange for garden care	Fill prescriptions
	Arrange for house care	Break in new shoes
	Have car serviced (for road trips)	
1 WEEK BEFORE	Stop mail or arrange for pickup	Alert credit cards of travel plans
	Do dry cleaning	Do laundry
	Stop newspaper & other delivery services	Photocopy documents, ID, & credit cards
	Practice packing	Get travelers checks and/or foreign currency
	Inform neighbors	Make a packing list
	Orient sitters/caretakers	Go on a "sample size" shopping spree
	Pay bills	
Balance checkbook		
1 DAY BEFORE	Prepare timer for lights & radio	Set DVR/VCR
	Set sprinkler timer	Return movies
	Charge rechargeables	Pack
	Clean house	Take sleeping pill
	Confirm reservations	
	Check destination weather	
Notify home-alarm company		
DAY OF DEPARTURE	Freak out from stress	Remove perishables from fridge
	Change outgoing phone message	Do dishes
	Forward e-mail or set up auto-response	Run garbage disposal
	Update contact info on luggage/bags	Take out trash
	Water plants	
	Retrieve hidden keys	
ON YOUR WAY OUT THE DOOR	Adjust thermostat	Set home alarm
	Park car in driveway/garage	Lock door(s)
	Shut windows	Move trashcans to curb
	Draw blinds & curtains	Close garage door
	Unplug power-surge-sensitive appliances	Sedate children
	Make sure oven & iron are off	
	Set timers	

STRESS BEFORE YOU TRAVEL TO AVOID STRESS WHILE YOU TRAVEL