

BON VOYAGE

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

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|---------------------------------|--|--|
| 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