

Well Rested Travelers

Packing Checklist

__Pack n Play or other portable sleep space

__Room darkening supplies

- Blanket - dark sheets - black garbage bags and painters tape - clip

__Comfort items

- Pacifiers - lovies - blankets - stuffed animal

__Toddler alarm clock

__Extra sheet

__Pajama options

- Prepare for cold vs hot room

__Sound machine or white noise app

__Bedtime routine materials

- Books - visual supports used at home - etc

__Brainstorm any additional items that will help the travel sleep space remind your child of their home sleep space