

Dr. Iris's Healthful Vacation Packing List

**Advanced Health Care-Rosenfeld Wellness Center
25255 Cabot Road, Suite 110 Laguna Hills, CA 92653
(949)380-7215**

dr.iris@earthlink.net

www.driris.com

General Items

- Clothes
- Undergarments
- Pajamas, Robe
- Evening Wear
- Socks, Hose
- Jewelry
- Shoes (Tennis Shoes)
- Purse
- Jacket, Coat
- Scarf
- Hat
- Gloves
- Rainwear
- Umbrella
- Soap, Body Lotion
- Deodorant
- Mouthwash
- Toothbrush
- Toothpaste
- Dental Floss
- Skincare
- Shaver, Shaving Cream
- Perfume/Cologne
- Tissues
- Laundry Bags
- Feminine Needs
- Nail Polish/Remover
- Eyecare/Contacts
- Make Up
- Hair Products
- Hair Dryer
- Towel
- Wash Cloth
- Bathing Suit/Cover Up
- Sun Hat
- Sun Glasses
- Baby Items/Diapers

Health Products, Etc

- Vitamins
- Medications
- Travel Meds
- Immune Formulas
- Exercise Clothes
- Ice/Heat Pack
- Stretch Bands
- Travel Pillow
- Tennis Ball
- Ointment
- Exercise Instructions

Food Items

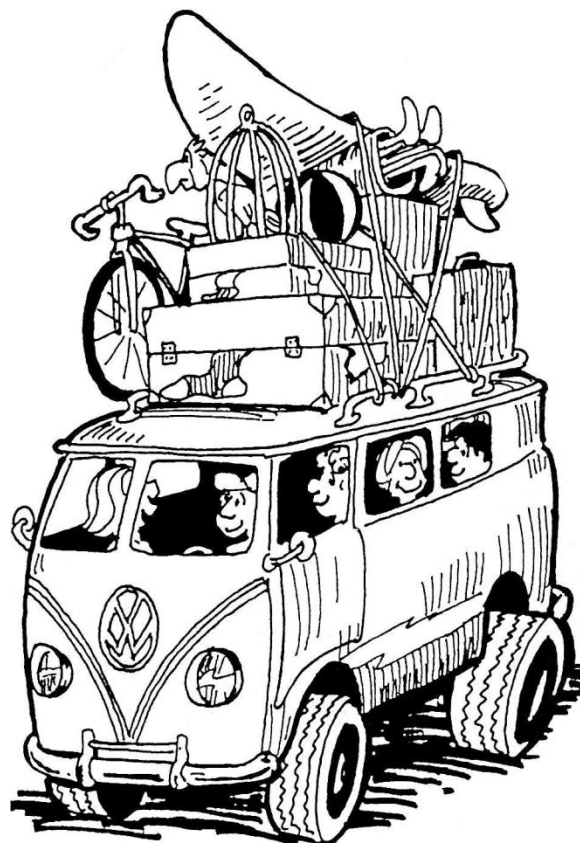
- Healthy Snacks
- Bottled Water
- Pet & Food?

Miscellaneous

- Camera
- Batteries
- Video Camera
- iPod/CD/Computer
- CD's
- Alarm Clock
- Radio
- Books/Magazines
- Pictures
- Gift Items
- Favorite Stuffed Animal

Personal Travel Items

- Airline Tickets
- ID
- Passport
- Maps
- Directions
- Hotel Info
- Luggage Tags
- Keys and Lock
- Traveler's Checks
- Cash
- Credit Card
- Cell Phone/Charger
- Copy of Items In Your Wallet



GET A CHIROPRACTIC ADJUSTMENT! KEEP THIS IN YOUR SUITCASE!

