

THE PRE-TRAVEL EDIT

Curating your peace of mind.

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2 - 4 WEEKS BEFORE DEPARTURE

- o **Shopping:** Review packing list for needed clothing and toiletry items (allowing time for shipping).
- o **Manage Finances:** Notify credit card companies of travel dates and destinations.
- o **Currency:** Order foreign currency (request small bills for tipping).
- o **Home Maintenance:** Schedule lawn service, mail hold at usps.com, pause newspaper or food delivery services.
- o **Grooming:** Schedule haircut, manicure and pedicure appointments.
- o **Pet/House Care:** Arrange for plant watering, pet care and trash pickup.
- o **Health:** Ensure you have enough prescription medications to last the entire trip plus a few extra for delays.
- o **Safety/Access:** Take a photo of your Passport/ID/credit cards to store in a secure, encrypted folder on your phone.
- o **Emergency Prep:** Leave a "Crisis Kit" with a friend (copies of Passport/ID/itinerary/house keys).
- o **Wallet Purge:** Remove non-essential items (store loyalty cards, extra keys, gym passes) to lighten your wallet.
- o **Safety Enrollment:** International travel - register trip at step.state.gov for safety alerts.

THE WEEK OF DEPARTURE

- o **Confirmations:** Reverify flight times, dinner reservations, and tour bookings.
- o **Destination Check:** Review local weather and restaurant dress codes.
- o **Inventory:** Check resort amenities (hair dryers/shampoo) to avoid overpacking.
- o **Digital Prep:** Download offline maps, movies, books, and music.
- o **Security:** Notify your alarm company of your absence and provide an emergency contact.
- o **Bills:** Ensure all upcoming bills are paid or scheduled.
- o **Device Prep:** Clear space on your phone, camera and memory cards for new photos and videos.
- o **Home Prep:** Clear the refrigerator of any perishables that will expire while you are away.
- o **The "Landing" Meal:** Prep a simple meal to have when you return to avoid a post-travel grocery run.

24 HOURS BEFORE DEPARTURE

- o **Check-In:** Complete mobile flight check-in, recheck for any schedule changes and select or adjust seat assignments.
- o **Bag Check:** Weigh luggage to ensure it meets airline limits.
- o **Labeling:** Add luggage tags and a unique ribbon to bags for easy identification.
- o **Snack Bag:** Assemble non-perishable travel snacks (nuts, bars, etc.) for your carry-on bag.
- o **Hydration Start:** Double your water intake today to combat the dehydrating effects of air travel.
- o **Laundry Clear:** Ensure all laundry is washed, dried, and put away so you don't return to a "chore mountain."
- o **Digital Documentation:** Take photos of your checked luggage and its contents for insurance purposes.
- o **Power Up:** Fully charge all phones, tablets, e-readers, cameras and toothbrushes.
- o **Backup Power:** Ensure all portable power banks are charged to 100%.

***Safety Note: Power banks and lithium batteries must be packed in your carry-on, not in checked luggage.*

BEFORE YOU LEAVE THE HOUSE

- o **Water Main:** Turn off the main water valve to the house.
- o **Appliances:** Run the dishwasher and clear the garbage disposal.
- o **Plumbing:** Flush all toilets and close lids.
- o **Blinds/Curtains:** Close or partially close—set for privacy and climate.
- o **Climate/Lighting:** Adjust thermostat and set automatic light timers.
- o **Trash:** Empty all interior trash cans.
- o **Final Check:** Ensure you have all valuables (Passport/ID/cards/cash), meds and documents are in carry-on, not checked bags.



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