



PMSF FAMILY CONFERENCE

Family Packing List

Whether this is your first PMSF Family Conference or you're returning to reconnect with friends, we can't wait to welcome you to Colorado! Use this checklist to help you prepare for a smooth and enjoyable trip.

TRAVEL ESSENTIALS

- Tickets, boarding passes, or flight information
- Government-issued photo ID or passport
- Hotel confirmation
- Transportation reservations
- Health insurance cards
- Conference confirmation

MEDICAL & ACCESSIBILITY

- Daily medications (bring extra in case of travel delays)
- Rescue medications (if applicable)
- Medical supplies and equipment
- Copies of important medical information
- Emergency care plans
- Chargers and backup batteries for medical devices
- Wheelchair, stroller, walker, or other mobility equipment
- Diapers, wipes, and personal care supplies (if needed)
- America the Beautiful/National Parks Access Pass (if you have one)

CLOTHING

- Comfortable clothes for conference sessions
- Layers (jacket, sweater, or sweatshirt)
- Comfortable walking shoes
- Pajamas
- Rain jacket or small umbrella

POOL

- Swimsuits
- Flip-flops or water shoes
- Sunscreen
- Swim diapers (if needed)

CONFERENCE ESSENTIALS

- Phone and charger
- Portable battery pack
- Government-issued photo ID if you plan to purchase alcoholic beverages at conference events with a cash bar

COMFORT & REGULATION SUPPORTS

- Noise-canceling headphones, AirPods, or earplugs
- Favorite blanket or pillow
- Weighted lap pad
- Favorite fidgets
- Chewelry
- Visual schedules or checklists
- Favorite toys or activities
- Tablet, headphones, and charger
- Activity books or travel games
- Stickers or small rewards

SPECIAL EVENTS

- Dance Party: Wear something that represents where you're from, whether it is your hometown, state, country, or culture

FOOD & SNACKS

- Favorite snacks that meet your family's dietary needs
- Reusable shopping bag

HELPFUL EXTRAS

- Hand sanitizer
- Disinfecting wipes
- Small first aid kit
- Laundry bag

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