



VACATION RECOVERY CHECKLIST

10 Tips to Get Back on Your Feet Quickly
After Vacation

While traveling home

- ✓ Plug back into the calendar.
- ✓ Catch up on communication
- ✓ Plan your weekly menu
- ✓ Make your grocery list
- ✓ Order groceries online, if possible

Upon arriving home

- ✓ Unpack the car completely
- ✓ Unpack all luggage
- ✓ Start the laundry
- ✓ Clean the car (if it was a road trip)
- ✓ Collect the mail, pets, etc