

Packing and Loading your Vehicle

There's much to consider when packing your travel vehicle. Marty and Carol travel in Class B vans, where space is limited, so it's helpful to develop a list of what's *really* necessary for your travels and camping.

Outside gear

- Camp chairs - Folding or collapsible. Several retailers sell chairs that are very comfortable and collapse into a very small footprint
- Small table
- Outdoor area rug - Although these take up space, they're helpful to decrease dust and dirt tracked into the van
- Tablecloth or placemats - For picnic table (usually provided)
- Grille - Compact and portable. Marty uses propane that she hooks up to from the van and stores in the bathroom while traveling
- Portable fire pit - When it's not a fire hazard, it's nice for sitting outside and ambiance.
- Road safety equipment

Inside gear

Bedroom

- Bed linens - Marty brings a pillow, fitted sheets, flat sheets, a blanket, and sleeping bag

Bathroom

- Towels - Use large chamois cloths. They dry quickly and take minimal space to store

Kitchen

- Melamine plates - Only take as many as you need (2-4 large and 2-4 small). You could also choose to use paper plates and bowls
- Melamine bowls - For soup, chili, cereal, and salad
- Unbreakable glassware - Marty takes 2 Tervis tumblers, her husband and her reusing them multiple times day and washing in between
- Coffee/tea - To save space, try individual insulated metal mugs with a fitted dripper filter that can be used for pour over coffee
- Electric Kettle - For boiling water
- Flatware - Enough for each person traveling
- Cooking utensils - Spatula, tongs, large spoons, knives, and cutting board



- Cookware – Make it lightweight! Marty takes a sauté pan, a pot, a ceramic baker (for use in the convection microwave), and a toaster.
- Cleaning Supplies – Dustpan, broom, all-purpose cleanser, dishwashing liquid, and hand soap
- Candles – Marty enjoys a couple of 3 wick candles
- Paper towels
- Aluminum foil
- Ziplock bags - In multiple sizes
- Cedar planks – Marty likes to use them for salmon and veggies on the grill
- Spices and seasoning - Try multipurpose seasonings to save space such as an Italian herb combo, salt, pepper, and garlic
- Storage Bins – This is an excellent way to make the most of your space and stay organized, refilling with fresh food along the way at farmer’s markets or grocery stores
- Beverages - Your choice depending upon storage
- Water - Marty uses a Burkee water filter unit to filter tap water because she like it more than taking large jugs of water

Bathroom

- Toilet Deodorizers – Also try pouring dishwasher powder into the toilet to reduce odors
- “RV toilet paper” – This is a special kind of toilet paper required in RVs for biodegradable purposes
- Toiletries – Make sure they’re portable as you may be using campground facilities for showering, etc.
- Shower sandals
- Laundry bag, laundry detergent, and quarters
- Sunscreen, and insect repellent
- Hand soap and sanitizer

Clothing

- Multiple use clothing that doesn’t need ironing
- Sweatshirts
- Jackets
- Raingear - Foldable to compact size
- Cloth Bags – For storage
- Shoes - Hikers, sneakers, sandals, etc. Depends on storage capacity and patience of your partner!

Miscellaneous

- Medication - Take enough for your trip and add more (just in case). Use pill organizers (with pictures of the original bottle) or take the original bottles. Email yourself a list of your medications, including name of med, doses, time taken, and frequency. Arrange for refills as needed along the road (major pharmacies have outlets everywhere).
- Exercise equipment and accessories - Hand weights, exercise tubing and straps, small ball to toss back and forth, medium ball, desk peddler, bicycles (use storage rack on back of van or store inside while traveling), workout videos, or an electronic device to access online workout sites (i.e., YouTube) for Parkinson's specific exercise, yoga, or Pilates
- Games and entertainment - Cards, backgammon, paddle sports equipment (ex: portable ping pong net, paddles and balls), stitching projects, books on e-readers, or whatever you like to do!
- Connectivity - Chargers for electronic devices, hotspot devices such as an Amazon Firestick, to provide you with internet in case the campground wifi is spotty.
- Safety gear - First aid kit
- Programmer and charger for DBS
- Maps and atlases
- Guides to attractions
- Batteries - In multiple sizes
- Disabled placard - If applicable