TRAVEL
Grocery List





Quick Meals & Snacks

☐ Granola bars	8-pack
☐ Trail mix (almonds, cranberries, cashews)	2 bags
☐ Crackers (whole grain)	1 box
☐ Peanut butter squeeze packs	6-count

Fresh Produce (Travel-Friendly)

☐ Apples	4
☐ Bananas	3
☐ Baby carrots	1
☐ Clementines	6

Beverages

☐ Grape juice	1 bottle
☐ Bottled water	12-pack
☐ Instant coffee sticks	6-count
☐ Green tea bags	1 box
☐ Electrolyte packets	1 box (small)

Pantry & Packaged

☐ Instant oatmeal packets	6-count
☐ Canned tuna	2 small cans
☐ Cup noodles	3
☐ Rice cakes	1 pack
☐ Dried fruit (Mango strips)	1 bag

Treats

☐ Chocolate squares	1 bar
☐ Hard candies	1 bag

Travel Extras

☐ Wet wipes	1 bag
☐ Ziplock bags	1 box

Notes

- Avoid foods needing refrigeration unless a cooler is available.
- Great for road trips, flights, or camping stops.
- Keep items light and compact.

