

ShorePack: Family Loadout Protocol

Mission: Optimize family mobility. Reduce "Parent Mule" syndrome.

Phase 1: The Logistics Singularity

Define the physics of the family unit.

CONTAINER A: The Transport Thesis (Green)	CONTAINER B: The Exclusion Rule (Red)
<i>Strategy: (e.g., "One giant checked bag for all" OR "Kids carry their own backpacks").</i>	<i>Constraint: (e.g., "No 'Just in case' toys. Limit 1 stuffy per child").</i>
[Write your transport strategy here]	[Write your exclusion here]

Phase 2: The Critical Extraction

The Survival Gear vs. The Sanity Gear.

CONTAINER A: The Survival Triad (Parents)	CONTAINER B: The Sanity Triad (Kids)
<i>If lost, the trip stops immediately.</i>	<i>The 3 items that prevent a public meltdown.</i>
<p>1. Documentation:</p> <p>[] Passports / Birth Certs / Insurance</p> <p>2. Family Pharmacy:</p> <p>[] Fever reducers / EpiPens / Rx</p> <p>3. Financial:</p> <p>[] Credit Cards / Cash</p>	<p>1. The Irreplaceable Soother:</p> <p>[] Specific Blanket / Pacifier / Lovey</p> <p>2. The Transit Distraction:</p> <p>[] Tablet / Coloring / Headphones</p> <p>3. The Hunger Stop:</p> <p>[] High-protein snacks (non-melting)</p>

Phase 3: Material Resonance

Packing for the family dynamic you want to create.

CONTAINER A: The "Screen Contract"	CONTAINER B: The "Identity" Item
<i>We are NOT packing [Device/Console] to force the kids to...</i>	<i>We ARE packing [Item] to encourage us to be a family that...</i>
[e.g., No Switches at dinner to force talking]	[e.g., A deck of cards to be a "Game Night" family]

Phase 4: The Staging Action

The "Pile Protocol" to prevent last-minute chaos.

CONTAINER: The Staging Protocol
<i>Trigger Event: WHEN [the night before departure at 7 PM]...</i>
<i>Physical Action: ...WE WILL [place all bags by the front door and do the "Zipper Check"].</i>

Phase 5: The Dead Weight Audit (Post-Trip)

Learn from the over-packing.

CONTAINER A: The "Untouched" Pile	CONTAINER B: The Lesson
<i>What did we carry that the kids never asked for?</i>	<i>Rule for next vacation:</i>
[e.g., The 3 extra board games]	["Only bring one game next time."]