

Travel with Children Checklist



For the Car



For the Hotel



Things to Wear



For On the Go



First Aid

Travel with Children Checklist



For the Car

- A vinyl tablecloth or a towel will protect the seat of your car from spills and sticky hands.
- Coolers are cool. Not only do they keep drinks and snacks cold, they serve as desktops, game tables and eating surfaces. They can also create a safety wall between two squirmy children in the back seat.
- A windshield sun screen is a must if you will be parking in hot, sunny places. It will keep the car cooler and prevent metal and plastic parts from burning hands.
- A cookie sheet can serve as a convenient desktop. And it's great for holding games and puzzles with small pieces that might get lost.
- Don't forget pillows for resting and napping. You might want to try an inflatable neck pillow – it takes up less space than a regular pillow and can be wiped off easily.
- A tote bag or gym bag is personal storage for each child's souvenirs. Let them make their own luggage tags so there won't be any fights about which bag is which.
- Bring a change of clothing for each child in a separate bag and keep it where it's readily accessible.
- Sturdy plastic bags of various sizes take up little space and can be used for trash, wet bathing suits or muddy shoes, dirty laundry, or carrying treasures.

- **For the Hotel**

- **Things to Wear**

- **For On the Go**

- **First Aid**

Travel with Children Checklist

- **For the Car**
- **For the Hotel**
- Carry a small night light and use it in your hotel room to make young children feel more secure.
- Have a supply of quarters handy for arcade games in hotels & restaurants.
- A few foam toys to toss, bat, or kick around will help kids let off steam without damaging the room
- **Things to Wear**
- **For On the Go**
- **First Aid**

Travel with Children Checklist

- **For the Car**
- **For the Hotel**
- **Things to Wear**
- Coordinate the kids' clothes around two or three basic colors so that outfits are interchangeable—especially for a young child who might spill juice on a top but still have a perfectly clean pair of matching bottoms.
- Bring something warm to sleep in.
- Bring something cool to sleep in.
- You'll want to have jackets—even if you're going somewhere warm. You might find yourself in a speeding boat, a chilly cave, an air-conditioned anything, or just plain quirky weather.
- Extra underwear is a good idea. If the kids are going to be playing outdoors during the day and changing for dinner, they will need two sets of socks and underwear each day.
- Pack bathing suits—even if you're not going on a bathing vacation; you may stay overnight in a hotel with a pool.
- Waterproof/washable sandals, thongs, or swim shoes will protect feet from hot poolside pavements, rocky shores and athlete's foot.
- **For On the Go**
- **First Aid**

Travel with Children Checklist

- **For the Car**

- **For the Hotel**

- **Things to Wear**

- **For On the Go**

- Have each child carry a card with emergency numbers and the phone number of the hotel or other place where you are staying. If your child doesn't have a pocket, use a luggage tag that the child can wear on a chain or wear pinned on.

- Always have some wipes with you to take care of food messes and to cool off sweaty necks and faces.

- Your children will enjoy having their own disposable cameras, but keep in mind that it's likely you'll end up carrying them.

- Carry a tube of sunscreen with you so that you can reapply it if it gets washed or sweated off while you're out and about.

- Also carry a small container of insect repellent if you are going to be in any setting where mosquitoes could become a problem.

- **First Aid**

Travel with Children Checklist

- **For the Car**
- **For the Hotel**
- **Things to Wear**
- **For On the Go**
- **First Aid**
- Don't forget to take along any medications your child needs:
 - Save an empty vial from any medication your child takes and use it to bring medication for the number of days you are going to be gone. If your vacation medications should get misplaced or left behind, you will still have the main supply when you get home.
 - Don't mix medications together or put them in a container that used to hold other medications. The residue from the original pills may create a chemical change in the new pills.
 - If your child needs to take medications with food, make sure you have appropriate food items with you, in case you can't get to a restaurant or store.
- Here are some items you may want to include in your emergency medical kit:
 - Bandages
 - Cold or flu medications
 - Allergy medication
 - Headache remedies
 - A sunburn lotion
 - A motion sickness remedy
 - Remedies for upset stomachs and earaches

