

iVillage PREGNANCY & PARENTING



TRAVEL CHECKLIST

Prep and Pack Your Kids to Go – Fast!

By Sally Farhat Kassab

A family vacation is fun, right? But getting the entire family -- and all their stuff -- out the door can be another story. To help, we've created this handy travel checklist, listing all the things you'll need to bring (but may forget!) so you can relax and enjoy your time away.





ALL AGES

- Travel documents, including tickets, reservation confirmations and any extra insurance you've purchased for the trip (like for a rental car). For international travel, also pack copies of passports, driver's licenses, credit cards and medical insurance cards.
- Written parental permission. If you and your kids are traveling internationally without dad, some countries (e.g. Mexico), may require proof that the absent parent has given permission. Write a letter, sign it, and have it witnessed and notarized.
- Prescription medications. Pack any your child takes, even if he only needs it sometimes (like an asthma inhaler).
- Thermometer.
- Baby or child acetaminophen and ibuprofen, plus any special droppers that measure the exact amount your child needs.
- Over-the-counter remedies, like allergy pills, and vitamins.
- Pajamas.
- Sunscreen and lip protection.
- Insect repellent (if you'll be outdoors a lot).
- Disinfectant wipes or hand sanitizer.
- Snacks.



BABIES

- Two outfits for each day you're gone, plus an extra outfit for the plane in case there's an accident.
- A hat to protect baby from sun or the cold.
- Three days' worth of diapers, plus wipes and lotion. You can buy more when you get to your destination.
- A soft changing pad.
- Large plastic zipper or grocery bags for storing smelly diapers.
- Bibs.
- Two or three soft toys.
- Soft books.
- Childproofing kit, such as doorknob covers, plastic outlet covers, etc.
- Bottles and nipples.
- Breastpump (if you use one).
- Three days worth of baby food and two spoons.
- Mini nail clippers and hairbrush.
- Baby wash and shampoo.
- Baby lotion and diaper cream.



PRESCHOOLERS

- One week's worth of clothes, plus one dressy outfit and an extra outfit for the plane, in case there's an accident. *Tip: Pick darker-colored items and clothes that don't wrinkle easily.*
- A hat to protect against the sun or cold.
- Lots of socks and underwear.
- One pair of comfy walking shoes and a pair of dressy shoes.
- Pull-up diapers, if you're using them.
- Wipes.
- Two or three sippy cups.
- Instant hot cereal and other just-add-water food packets.
- Bibs.
- A few favorite small toys, plus one new surprise one.
- Reusable sticker books, washable markers, sketch pads, crayons and coloring books, and a few of their favorite books.
- DVDs and a portable DVD player.
- Comfort blanket or snuggly toy.
- Toothbrush and toothpaste.
- Kids' shampoo.



BIG KIDS

- One week's worth of clothes, plus a dressy outfit. Pick darker-colored items and clothes that don't wrinkle easily.
- A hat to protect against the sun or the cold.
- Lots of socks and underwear.
- One pair of walking shoes and a pair of dressy shoes.
- Washable markers, sketch pads, books and activity books like Mad Libs.
- DVDs and a portable DVD player.
- Travel games.
- Handheld video game players with charger, batteries and games.
- Toothbrush and toothpaste.
- Shampoo.