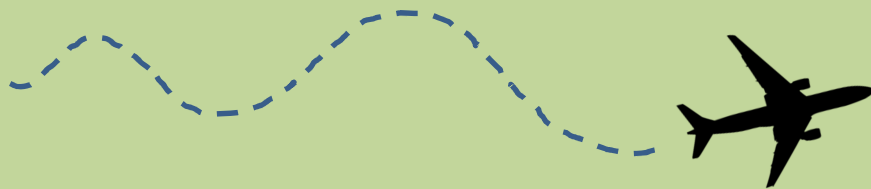


The Moms At Odds present

The
ESSENTIAL
Travel Planning
Checklist Kit



The Essential Travel Checklist

Hiya! I'm Jo.



I'm a traveling with kids *expert*. And I'm also super modest about it – can you tell?

But hear me out, I've got a little experience in the area. In the past 4 years we've taken our kids on 18 vacations – which include 27 flights, 5 road trips, 2 cruises, and visits to 8 different countries. At this point I've got traveling with my family down to a science.

Good news – I'm going to let you in on all my secrets.

This traveling kit includes all the checklists you need to prepare and pack for your trip.

Enjoy and Bon Voyage!

The Essential Travel Checklist

Preparing For Your Trip

4-6 Months Before Trip

- Book travel tickets (plane, train, etc)
- Book rental car
- Make sure passports are current (some countries require for it to be valid 6 months after visit)
- Check if visas are required
- Book hotels
- Speak with friends who have traveled there
- Mark it in the calendar (and make sure there are no conflicts)
- Request the time off work

2-3 Months Before Trip

- Figure out sleeping arrangements
- Make sure car seats have FAA sticker (if flying)
- Purchase busy toys
- Research opportunities to do laundry
- Plan destination activities, buy tickets when applicable
- Schedule travel appointment with pediatrician
- Buy protection cover for stroller
- Read travel blogs
- Buy handcart for car seat



The Essential Travel Checklist

1 Month Before Trip

- Borrow/buy and read guidebooks
- Plan and map out restaurants
- Download local google map
- Get maps of public transportation
- Set up travel-themed crafts with your kids
- Read books to get children excited about travel and the destination
- Develop a flexible itinerary with plenty of time to explore, eat, and take breaks
- Schedule pet sitting
- Check what activities will be missed at school
- Consider mailing luggage directly to destination

Pro-Mom Traveling Tip:

Consider getting your child a cheap camera, scrapbook, or travel journal to let them collect memories on the trip

1 Week Before Trip

- Print all tickets and reservations
- Start packing
- Ask family what they are most excited about for the upcoming travel
- Look up weather for the trip
- Suspend mail service, pay bills in advance

1 Day Before Trip

- Check-in for flight/print boarding passes
- Charge all devices
- Double-check all important documents are packed

The Essential Travel Checklist

Packing List

Clothing (in packing cubes)

- Daily outfits
- Underwear
- Socks
- PJs
- Jackets
- Bathing suits
- Swim diapers
- Dress-up clothes
- Hat
- Shoes

Pssst...
Remember to pack each family member's clothing in their own packing cube

Health/Medical

- Diapers
- Diaper cream
- Baby wipes
- Sunscreen
- Sunglasses
- Band-Aids
- Tissues
- Children's Tylenol
- Thermometer
- Prescription medications
- Medical info (history, blood type, vaccination records)
- Hand sanitizer and/or antibacterial hand wipes
- Bug spray

If you are able to do laundry on the trip, use this formula to tell you how many outfits to bring per person

$$\frac{\text{Days Traveling} + 1}{2}$$

The Essential Travel Checklist

Travel

- Car seat
- Stroller
- Comfortable child carrier

Feeding

- Snacks (preferably healthy, not too much sugar!)
- Bibs (plastic so easy to clean)
- Kid utensils
- Bottles
- Formula/baby food
- Dish soap
- Water bottles

Toys/Soothing

- Favorite toys (preferably ones without lots of little parts)
- Comforting bed toys (blanket, stuffed animal)
- New toys
- Books
- Pacifiers
- Swaddles
- Tablet

Information

- Identification (depending on where you are going, photocopies of children's passports/birth certificates might be acceptable)
- Printed confirmations of hotels, travel activities, tickets

The Essential Travel Checklist

Toiletries

- Shampoo (for both parents and children)
- Soap
- Chapstick
- Toothbrushes
- Toothpaste
- Deodorant
- Hairbrush and hair ties
- Contacts/glasses

Other

- Umbrella
- Laundry pods
- Painter's tape (so many good uses, like for socket protectors)
- Sleep items (pack n' play, bumpers, pillows)
- Camera
- Cell phone charger and power brick

Carry-On Bag

- Portable changing pad
- Diapers
- Change of clothes for child
- Disposable bags for diapers
- Interactive books
- Small, quiet busy toys (flashcards, lacing cards)
- Tickets, identification cards