

GOPACK Summer Traveling Tips

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PACKING: GENERAL ORGANIZING TIPS

- Make two separate lists: One for adults and one for baby. Consider using separate suitcases too.
- Use travel space bags (www.containerstore.com) to reduce amount of luggage needed. These space bags are great too for packing dirty laundry at the end of the trip.
- If you're traveling out of town for more than a week, allow yourself at least a week to pack—you'll need this time to do laundry and prepare without inadvertently forgetting baby's favorite blankie.
- Set up a staging area for packing: Set aside some space in the guest room or a portion of your bedroom. Set out the items on your list, checking them off the list as you go. Pack **AFTER** you've checked everything off your list to better determine what size suitcase you need to use. Always leave a little extra space to bring home items you buy while away.
- Traveling by airplane and plan to check your luggage? Pack a change of clothes and your toiletries in your carry-on bag, just in case your luggage gets lost or put on the wrong plane and doesn't arrive when you do.

TRAVEL KIT FOR KIDS

- pens, pencils, and crayons
- coloring books and drawing paper
- travel board games
- favorite toy or stuffed animal
- books (picture or reading, depending on age)
- pillow and blanket
- Ziploc bags for storing small items
- plastic trash bags for wet clothes and garbage
- healthy snacks (dried fruit, nuts, etc.)
- bottled water or juice

KEEPING THE KIDS BUSY IN THE CAR

- play the alphabet game or eye spy
- name all of the US states and their capitols!
- count license plates from other states make up a story (each person adding the next sentence)
- create a list of things your kids want to do when they arrive
- let your kids follow your route on the map

- avoid competitive games to fend off hurt feelings

AVOIDING THE "CRANKIES"

- avoid long periods "trapped" in the car
- make frequent stops to stretch and walk around
- plan interesting sights at regular intervals along the trip
- plan plenty of playtime
- let your kids help plan the trip, picking their own stops
- set clear boundaries (about restaurants, budget, etc.)

FLYING WITH CHILDREN

- bring snacks in pre-packed ziploc bags
- give your infant a bottle or binky during take off and landing to reduce ear pressure
- bring a bag of toys, coloring books, etc. to keep kids occupied
- bring wet wipes, a rag, and a change of clothes for your kid
- request an aisle seat for easy access to the bathroom
- try not to sit in a middle or window seat with a fidgety child

KEEPING YOUR KIDS SAFE

- keep plenty of water on hand
- buy personal battery-operated fans to avoid heat exhaustion
- pack a first aid kit with bandages and basic children's medications
- never leave kids alone in a parked car, even with windows down
- keep an eye on kids at rest stops