



Travel Tips

Planning a trip? Here are a few travel tips to get you started!

Before you leave:

- 🍏 Refill any medication that you may need and have extra on hand in case your trip is extended or if something happens to your medication
- 🍏 Make sure your car seats are properly installed. Call your local Fire Department for information about car seat checks.
- 🍏 Give your car a check-up – tire pressure, fluids, wipers, etc. Have a flashlight and charged cell phone if available in case of emergency
- 🍏 Contact the hotel to determine what safety items you will need to pack as well as any bedding needs, for example - do they have cribs? - what about bed rails?

At home:

- 🍏 Check all doors and windows, set thermostat and put a few lamps on timers
- 🍏 Ask a friend to pick up your mail and roll your trash out for pick up and back in afterwards
- 🍏 Be sure someone knows how to reach you in case of emergency
- 🍏 If your kids are not traveling with you, complete a Medical Authorization Form and leave it along with their insurance card your contact information and itinerary with the person keeping your children

Plan to pack for two “trips.”

Consider travel time as one trip, and your actual destination as your second.

As you travel, be sure you have access to those items you will need to take care of the family during all travel times.



Items to Pack:

- 🍏 All medication in their original containers and Insurance cards
- 🍏 Parkside Pediatrics contact information. Pick up one of our business cards to put in your bag.
- 🍏 First Aid Kit – depending on your destination, you will need a few first aid supplies for traveling and additional ones can be packed in your luggage. Include any over the counter meds your family may need. Don't Forget the Sunscreen and lip balm!
- 🍏 Feeding – for babies - formula and or nursing supplies, bottles, liners, nipples, etc.
- 🍏 Snacks – pack a Family Snack Bag or each person can pick a few snacks of their own and make a “Snack Pack” - a paper bag of their personal snacks. Kids can even decorate their “Snack Pack” with stickers, coloring, etc.
- 🍏 Remember food for toddlers – as you visit various restaurants, it is good to have a few “favorites” like small containers of applesauce, crackers or even a sweet treat like Smarties or cookies. Remember plastic spoons.
- 🍏 Drinks – Let each family member pick a special water bottle and fill it up before you leave.
- 🍏 Pacifiers, diapers, wipes, creams, possibly a changing pad, and baggies to “seal up” and dispose of dirties
- 🍏 Blanket, favorite lovie or stuffed animal, favorite pillow
- 🍏 Play Pack – Pack a small carry bag of activities to keep the kids busy – games, “search books”, coloring books, clipboard, deck of cards, music, etc. This is very helpful not only when traveling in the car or on the plane, but also at restaurants and in the hotel room.
- 🍏 Sun shade for car travel
- 🍏 Hand Sanitizer – a pump bottle works best in car travel. Be sure to keep this out of children's reach.
- 🍏 Moist Wipes – these come in handy for kids and parents alike!
- 🍏 Small trash bags are a lifesaver in the car, plane or hotel!
- 🍏 Safety items – outlet covers, door stop (a slice of a “noodle” used for swimming works great for this, too!) a night light and two way radios come in handy as well

Safety Tips:

- 🍏 Stay close with your group/family
- 🍏 Use the buddy system and always pick a place to meet if anyone gets lost
- 🍏 Take a picture with your cell phone of each child before each outing, in case you need to describe them
- 🍏 Put a copy of your cell phone number in your child's pocket in case they get separated from you and need to call

For a complete list of items to pack, how to prepare and lots more, go to family-travel-tips.com.
For more activities free games to print and pack, go to activitiesforkids.com.

Be Safe!!!! Have FUN!!!! And Make Memories!!!!