

FIRST CLASS & FLIP FLOPS TRAVEL

KIDS TRAVEL PACKING GUIDE

Happier kids. Smoother travel. More family memories.

CLOTHING

- | | |
|---------------------------|---------------------------|
| ■ Outfit for each day | ■ Swimsuits (2-3) |
| ■ 2-3 extra outfits | ■ Cover-ups / rash guards |
| ■ Pajamas | ■ Light sweater or jacket |
| ■ Underwear + extra pairs | ■ Sun hat / baseball cap |
| ■ Socks | ■ Sunglasses |

DIAPERS & FEEDING - BABIES / TODDLERS

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|----------------------------------|----------------------------------|
| ■ Diapers / pull-ups plus extras | ■ Formula / breast milk supplies |
| ■ Wipes | ■ Bibs |
| ■ Travel changing pad | ■ Favorite snacks |
| ■ Diaper rash cream | ■ Reusable snack containers |
| ■ Bottles / sippy cups | ■ Travel high chair if needed |

KIDS' CARRY-ON

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|--------------------------------|--------------------------------|
| ■ Change of clothes | ■ Small travel toys |
| ■ Comfort item / lovey | ■ Snacks - more than you think |
| ■ Tablet with shows downloaded | ■ Empty reusable water bottle |
| ■ Kid-friendly headphones | ■ Wipes / tissues |
| ■ Books / activity books | ■ Kids' medications |
| ■ Crayons / stickers | ■ Light blanket |

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HEALTH & SAFETY

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|--|---|
| ■ Prescription medications in labeled containers | ■ Insect repellent if needed |
| ■ Children's pain reliever | ■ Motion sickness medication if appropriate |
| ■ Thermometer | ■ Hand sanitizer |
| ■ First-aid basics | ■ Disinfecting wipes |
| ■ Kid-friendly sunscreen | ■ Contact / allergy information |

TRAVEL GEAR

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|--|-------------------------------------|
| ■ Kids' backpack | ■ Night light for hotel room |
| ■ Travel stroller | ■ Plastic / wet bags |
| ■ Car seat / travel car seat if needed | ■ ID bracelet for busy destinations |
| ■ Stroller fan for warm destinations | ■ Travel pillow |
| ■ Baby monitor if useful | ■ Luggage tag / tracker |

BEACH & POOL EXTRAS

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|---------------------------------|-------------------------|
| ■ Extra swimsuits | ■ Beach toys |
| ■ Rash guards | ■ Water shoes if needed |
| ■ Sun hats | ■ Pool / beach cover-up |
| ■ Goggles | ■ Wet swimsuit bag |
| ■ Floaties / approved life vest | ■ After-sun care |

PARENT GAME CHANGERS

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|---|---|
| ■ Pack one full kids' outfit in each adult carry-on | ■ Use packing cubes by child |
| ■ Pre-download entertainment before leaving home | ■ Pack an empty tote for extras |
| ■ Pack snacks in individual portions | ■ Bring zip-top bags for wet or messy items |
| ■ Bring one familiar bedtime item | ■ Take a photo of passports / IDs |
| ■ Keep medications in your carry-on | ■ Leave nonessential 'just in case' items at home |

THE FAMILY TRAVEL RULE: Pack enough in your carry-on to get your child through the first 24 hours without checked luggage - including clothes, medications, snacks, comfort items and bedtime essentials.

PACK SMARTER | TRAVEL HAPPIER | MAKE THE MEMORIES

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