

Making your first family holiday a little easier

The active holiday checklist



Before you go

- Travel money, if leaving the UK
- Family travel insurance
- EHIC (*European Health Insurance Card*), if visiting Europe
- Special insurance (*e.g. winter sports cover*)
- Check passports are valid, if leaving the UK
- Make sure you have any check-in, flight or transfer details
- Check any luggage restrictions (*do kids get a bag?*)
- Driving license and other IDs

To pack for you

- Any special equipment (*skis, snowsuit, boots, helmet*)
- Relevant certificates and log books (*e.g. Scuba diving*)
- Specialist guide books (*e.g. climbing routes*)
- Toiletries (*shampoo, conditioner, toothbrush, toothpaste, soap*)
- Make up and cosmetics
- Haircare (*hairdryer, straighteners, brush, comb*)
- Sun cream and after sun
- First aid kit (*plasters, paracetamol*)
- Sewing kit
- Appropriate clothes and footwear (*e.g. walking boots*)
- Enough socks and underwear
- Warm hats just in case
- Waterproofs
- Sunglasses, glasses, contacts
- 'Home from home' kit (*snacks, teabags, washing up liquid, washing powder, kitchen roll*)
- Cool bag and blocks
- Gadgets (*phones, cameras, MP3 players and any chargers*)
- Travel adapters, if leaving the UK
- Local guide/phrasebook, if needed

To pack for kids

- Any special equipment (*skis, snowsuit, boots, helmet*)
- Nappies, wipes and nappy cream
- Toiletries (*shampoo, bath wash, flannel/sponge, toothbrush, toothpaste*)
- Kids' ibuprofen/paracetamol
- Kids' sun cream and after sun
- Sun hat and warm hat
- Sun shade (*parasol, linen sheet*)
- Sunglasses
- Swimwear and swim nappies
- Towels
- Appropriate clothes and footwear (*e.g. waterproofs*)
- Baby sling or reins
- Baby food, snacks
- Baby bottles and formula
- Baby bowls and other food containers
- Pyjamas
- Favourite cuddly toy
- Travel cot/toddler bed, if needed
- Blanket and pillow
- Any bedtime gadgets (*sleep training clock, white noise machine*)

For the journey

- Books and magazines
- DVD player and DVDs
- Toys
- Paper and pens/crayons for drawing
- Something comforting (*blankie, dummy*)
- Food, drink and snacks
- Ear plugs/ear defenders, if flying
- Sweets to suck, if flying
- Sleep aids (*blindfold, inflatable pillow*)
- Buggy/pushchair

Anything else you need to add?