

Making your first family holiday a little easier

# The long-haul holiday checklist



## Before you go

- Travel visa and other paperwork
- Travel money
- Family travel insurance
- Family medical insurance
- Jabs/medication
- Check passports are valid
- 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

- Local guide/phrasebook, if needed
- Insect repellent
- 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
- Sun hats
- Warm hats just in case
- Swimwear
- Towels
- Sunglasses, glasses, contacts, goggles
- Gadgets (*phones, cameras, MP3 players and any chargers*)
- Travel adapters

## To pack for kids

- 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
- Armbands and other inflatables
- Appropriate clothes and footwear (*e.g. sandals*)
- Baby sling or reins
- Baby food, snacks
- Baby bottles and formula
- Baby bowls and other food containers
- Pyjamas
- Favourite cuddly toy
- 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?