

Toddler Travel Checklist

By Fae Fisher

- Before the Travel
 - Obtain information on the country to find out immunization requirements.
 - Visit your toddler pediatrician at least a month before travel.
 - Apply early for a passport for your toddler.
 - Travel at off-peak vacation times.
 - Book seats during the middle of the week and during the day time.
 - Opt for non-stop flights.
 - If possible, book bulkhead seating at the front of each section.
 - Consider buying your toddler their own seat.
 - Bring a stroller.
 - Use backpacks and pack only necessary items.
 - Dress in comfortable clothing.
 - Choose for darker colored clothing in case of toddler spills.
- When Traveling
 - Be patient.
 - Have a sense of humor.
 - Remain calm and relax throughout your travels.
 - "Label" your toddlers with an ID bracelet.
 - Be sure your child follows the same good-behavior rules on board that you encourage at home.
 - Bring several types of toys.
 - Buy toys for one dollar and wrap them like birthday presents to keep your toddler occupied.
 - Pack an iPod with child-friendly music and stories.
 - Bring stickers and sticker books.
 - Bring store packaged toddler meals which most cabin crew are more than happy to warm up for you (if flying).
 - Bring along blankets and teddy bears.
 - Bring a variety of toddler snacks like raisins, crackers or cookies.
 - Bring along something for toddlers to suck on such as a lollipop.

- At the Destination
 - Ensure your toddler avoids drinking local water and eating uncooked vegetables.
 - Make sure you give only pasteurized milk or formula prepared with bottled water to your toddler.