

# 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.