

KIDS TRAVEL PACKING LIST

*Please check this suits your needs for your age/stage

✓	Medical Kit Options	✓	Other Items
	Pamol / Ibuprofen		Hairbrush / hair ties
	Syringes		Toothbrush / toothpaste
	Any regular medication? E.g iron / vitamin D / antihistamine		Devices (ipad? Charged up/ downloaded?, night light? Monitor?, chargers)
	First aid: antiseptic powder / plasters / tape / arnica		Bedtime book / soft toy
	Nappy /soothing cream		Swimming arm bands / vests / goggles
	In case of sickness: Nasal spray / VICKS / Inhaler		Feeding gear if younger i.e bottles / formula? / silicone bowls etc.
	Electrolyte Sachets		Soap/shampoo?
	Thermometer		Ice block moulds
	Sunscreen		Laundry powder / washing bag
	Bug Spray		Rainy day activities ? Cards?
	Sanitiser / Wipes / Tissues		Pram / bikes / baby carrier
	Nail clippers		Snacks!
✓	Clothing		Blackout blind? Portacots?
	Undies / Nappies / Wipes	✓	Backpacks
	Hats / sunglasses		Passports
	Pants / Tops / Dresses		Wet bag / change of clothes
	Socks		Art kit / small cars / toys
	Shoes		Lunchbox with SNACKS / Drinkbottle
	Something warm ?		Kids headphones
	Togs?		Ziplock bag/s for leftovers/rubbish/nappies
	Raincoats?		
	PJs / (sleepsuits?)		