

Travelling with kids.



Travelling with children is a great opportunity to spend quality time together and create shared memories. However, it does require some extra planning to ensure you're prepared for the journey and the common risks you might encounter.

Next time you travel with children, keep these 10 tips in mind.

Before you go

1. Check that everyone's passports are valid with at least 6 months left before the expiry date.
2. Speak to your doctor to see if any of you will need any vaccinations prior to travelling.
3. If any family members take medications, ensure you take a large enough supply with you to last the entirety of the trip, as well

as some extra to cover you in case of any significant delays.

4. Often, children will get served an adult meal, so if your flights include meals, contact your airline to see if you can request kid's meals for your children. They get served first and often have more kid-friendly food options.
5. Organise your travel insurance, making sure that all members of your family have cover before you head off.

On the way

6. Remember to pack any medications, wipes, nappies and toiletries that kids might need into your carry-on luggage, along with a change of clothing so you're prepared for anything.

7. Have extra snacks and entertainment to help keep kids occupied while in transit and in case of delays.
8. Bring chewing gum, lollipops, or drinks for kids to help alleviate ear pressure during take-off and landing.

When you arrive

9. Have a plan in case of emergencies. Keep a first aid kit handy and familiarise yourself with local emergency contacts.
10. Most importantly, enjoy! Holidays are a great way to reconnect with your kids outside of the daily routine.

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Don't go it alone