

Flying with Kids: Travel Checklist

Before You Fly:

- Book a night flight so kids can sleep through most of it.
- Pre-select vegetarian or vegan meals.
- Pack a small carry-on bag for each child.
- Make sure all travel documents are in order.
- Dress in layers - planes can be hot or cold.
- Avoid belts or accessories with metal (must be removed at security).

For Comfort on the Flight:

- Bring socks, hoodies, and blankets.
- Pillows or neck supports for everyone.
- Know where the sick bag is - just in case.

To Help Kids Sleep:

- Stick to the normal bedtime routine.
- Breastfeed or give a bottle at takeoff/landing for pressure.
- Lollipops or suckers help with ear pressure too.

For Entertainment:

- Pack activity kits without small, loose parts.
- Good options: sticker books, scratch art, reusable books.
- Download audiobooks or shows ahead of time.
- Bring child-friendly headphones and charge devices.

Other Handy Tips:

- Bring wet wipes, tissues, and hand sanitiser.
- Pack an extra outfit for baby/toddler (and maybe you!).
- Bring familiar snacks for the kids.