

The Family Packing List

A starting checklist for trips with kids. Adapt it to their ages, your destination and your airline.

Documents and money

- ☐ Passports for everyone; check destination and transit-country validity requirements
- ☐ Visas or e-visa confirmations, printed and saved offline
- ☐ Booking confirmations: hotel, transfers, tours (screenshots work offline)
- ☐ Travel insurance policy number and the emergency phone line
- ☐ Cards plus a small amount of local cash
- ☐ Keep a copy of your passports in your carry-on

Carry-on for the flight

- ☐ Charged phones and cables; power bank in carry-on only (check airline limits, including if the bag is gate-checked)
- ☐ Headphones for each child (volume-limited if possible)
- ☐ Downloaded shows, games and audiobooks
- ☐ Snacks that are not messy, and an empty water bottle to fill after security
- ☐ Wipes, tissues, a spare t-shirt per child
- ☐ Essential medicines in original packaging; check destination restrictions and carry prescriptions where needed
- ☐ One small new toy or sticker book per child

Health and first aid

- ☐ Fever and pain relief suitable for each child's age
- ☐ Bandages, antiseptic wipes, a few blister patches
- ☐ Motion-sickness remedy if your kids need it
- ☐ Rehydration salts
- ☐ Insect repellent and after-bite cream
- ☐ Sunscreen and lip balm
- ☐ Check children's medicines and doses with a pharmacist or clinician

Clothes (per person, for a week)

- ☐ 5-7 sets of underwear and socks
- ☐ 4-5 tops and 3 bottoms that mix and match
- ☐ One warm layer, even for hot destinations (air conditioning is cold)
- ☐ Two swimsuits and a quick-dry towel
- ☐ Light rain jacket
- ☐ Comfortable closed-toe shoes plus sandals
- ☐ Sun hat for each child
- ☐ Pajamas

Gear that earns its space

- ☐ Lightweight foldable stroller for under-5s, if your destination has paved paths
- ☐ Soft carrier for stairs, crowds and temples
- ☐ Small daypack per child that they carry themselves
- ☐ Reusable zip bags for wet clothes and snacks
- ☐ Travel adapter suitable for your destination and devices
- ☐ A small night-light for strange rooms
- ☐ Laundry detergent sheets

Beach and pool day

- ☐ Rash guards or UV swim tops
- ☐ Water shoes for rocky beaches
- ☐ Waterproof phone pouch
- ☐ Light beach blanket
- ☐ Properly fitted, approved life jackets where needed; never replace close adult supervision with flotation toys

The day before you leave

- ☐ Check in online and download boarding passes
- ☐ Charge every device and download offline maps
- ☐ Pack a one-night bag in the carry-on in case a bag is delayed
- ☐ Photograph the kids in the clothes they are wearing, in case you need to describe them in a crowd
- ☐ Agree a meeting point and a "stay put" rule for the airport and busy sights
- ☐ Confirm airport pickup and your hotel check-in time

Plan the rest of the trip

Find family-friendly hotels, day trips and estimated trip costs for each destination on our guides:

familytrippicks.com

Looking for something to do with the kids? Browse family-friendly tours and tickets on [GetYourGuide](#).

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