



#### NO. 1

Bring trash bags instead of buying those special car seat backpack bags. Chances are you'll be carrying a child or a backpack on your back anyhow, and it's less bulk to haul around in-country if you just attach your car seats to your rolling luggage with carabineers instead.

#### NO. 2

Plan your first transfer after a long international flight later in the morning to allow for sleep kids to get their zzzzs in. A private vehicle and driver offers more flexibility for bathroom stops or (hopefully not) motion sickness issues. Ginger chews and pressure point wrist bands can help with motion sickness, or Dramamine is available over the counter for kids. Keep a container easily accessible for throwing up just in case.

#### NO. 3

Minimize the logistics and hassle of transfer days by posting up at just two or three locations during a ten day trip.

#### NO. 4

When traveling with a napper, consider splurging on two rooms.

#### NO. 5

If your monitor doesn't reach, but there's Wifi, use two iPhones to Facetime each other (just don't forget to put your side on mute).

#### NO. 6

Practice eating at restaurants before your trip and come prepared with a game plan. How are they going to entertain themselves during long meals? What are your rules for trying new food?

#### NO. 7

Bring snacks! The fruit and veggie packets are a great way to fit in extra nutrients and are easy to travel with. The dried oatmeal cereal plus a yogurt packet is an easy breakfast for early rising babies.

#### NO. 8

Consider cooler climates or high altitude destinations to avoid the mosquito-born diseases, like malaria and yellow fever, that exist in tropical settings. Children can be too young to receive immunizations or preventative pills for these.

#### NO. 9

Include buffer days in your itinerary. The stimulation of travel and irregular schedules will leave your kids more tired than usual. Rest up for maximum enjoyment.