

TRAVELLING WITH CHILDREN CHECK LIST AND PACKING LIST

BEFORE YOUR TRIP

- Leave the key to your home with someone
- Leave your address on holiday with someone for emergencies
- Organise for your post to be emptied or redirect post
- Clarify who is looking after the pets and plants
- Check the car (air pressure, oil level, wiper blades, windscreen washer, if applicable country sticker)

DOCUMENTS

- Valid identification documents (personal ID/if applicable children's passports/driver's licence)
- Backup duplicates of identification documents (keep them separately from the originals!)
- Credit cards
- Driver's license
- Plane/train tickets
- Travel/booking documents
- Insurance (health/travel/luggage)
- Vaccination cards
- Address book

BEFORE LEAVING YOUR APARTMENT OR HOUSE

- Empty the fridge and rubbish
- Close the windows and doors
- Unplug electrical appliances and devices
- Turn off the oven
- Switch off the gas and water
- Switch on the answering machine and timers for lights and radios (burglary protection)

FOR THE JOURNEY

- Water, drinks, fruit and snacks
- Baby: Bibs, small spoon & sample of baby food or little jar of fruit, if applicable, hot water in a Thermos flask for baby milk
- Radio plays, favourite music, colouring things, travel books (e.g. pixie books), cuddly toys
- Tissues
- Bin bags
- Change of clothes for babies and children
- Enough small change for motorway services toilets
- Changing bag with nappies, wet wipes, change of bodysuit
- Pen knife
- Sun shades for the children's windows
- Ball and folding scooter for breaks

FIRST-AID KIT

- First aid set for the journey with plasters, bandages etc.
- Cooling gel for insect bites, if applicable insect repellent
- Headache tablets
- Remedy for upset stomachs, diarrhoea
- Remedy for travel sickness
- Thermometer, suppository or medicine for a fever
- Tick tweezers
- Cooling pad
- Cooling balm for sunburn
- Nose spray
- Remedy for sore throats
- Disinfectant spray
- Remedy for teething (e.g. teething ring), if applicable
- Globules, if applicable
- Other medicine: _____

TOILETRY BAG

- Tooth brush, toothpaste, tooth brushing clock
- Children's bath or shower gel, children's shampoo
- Nappy rash cream, oil
- Moisturising cream, lotion
- Sun protection (high sun protection factor for babies and toddlers), after sun lotion
- Deodorant
- Brush, hair clips and hair spray, if applicable, foam/gel
- Shaving things
- Make-up
- Feminine care (panty liners, tampons, etc.)
- Nail clippers, file etc.
- Contact lens set, if applicable

BABY AND TODDLER PRODUCTS THAT ARE ALREADY AVAILABLE AT A FAMILIOTEL:

- Cots and children's beds, suitable bed linen for children
- At least a changing mat and nappy disposal bin, often also a changing table
- Pram, buggies and back carriers
- Children's chairs and high chairs
- Baby bath, potty, toilet seat and step stool
- Bottle warmer and steriliser
- Options for preparing food
- Children protection devices for sockets
- Baby bibs
- Baby monitor
- At least in all baby hotels but often in other Familotels too:
breastfeeding tea, baby milk and baby jars, baby monitor

OTHER BABY PRODUCTS THAT SHOULD BE PACKED INDEPENDENT OF YOUR CHOSEN HOTEL:

- UV protective clothing, headgear
- Nappies, swimming nappies, if applicable
- Dummy and spare dummies, if applicable
- Favourite cuddly animal and comforter

BABY AND TODDLER CLOTHING

- _____ x bodysuits, underwear
- _____ x long-sleeved tops
- _____ x romper suits
- _____ x trousers
- _____ x t-shirts
- _____ x shorts and/or skirts, dresses
- _____ x sturdy shoes, sandals
- _____ x rain wear, wellies
- _____ x pyjamas
- _____ x caps or hats
- _____ x swimwear
- _____ x water wings

OLDER CHILDREN, TEENAGER, ADULT CLOTHING:

- _____ x underwear
- _____ x trousers (belts, if applicable)
- _____ x shorts
- _____ x sweatshirts, pullovers
- _____ x t-shirts
- _____ x dresses, skirts
- _____ x jackets
- _____ x socks/stockings/tights
- _____ x rain wear
- _____ x pyjamas, night shirts
- _____ x headgear
- _____ x shoes, hiking boots, sandals, boots, evening shoes if applicable, pool sliders
- _____ x swimming trunks/bikinis/swimming costumes

OTHER TRAVEL ACCESSORIES:

- Travel alarm clock
- Travel sewing kit
- Tissues
- Travel guide, maps
- Spare glasses, sunglasses
- Umbrella
- Smartphone with charger
- Books/magazines
- Camera
- Sports equipment (e.g. winter sports, horse riding)

Entertainment and games:

There is at least one playroom, playground and a library where you can borrow board games in every Familotel. As a result, it is sufficient to pack a few things for your room and/or apartment, e.g. favourite cuddly animal and dolly, books, a few toy cars, a puzzle, colour book and pens.