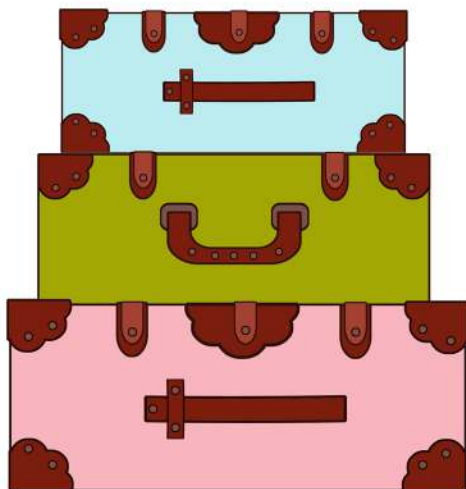


12 LONG DISTANCE TRAVEL TIPS with Kids

1. Start packing 1 week prior. Make a list of items by carry-on for easy access.
2. Get a separate seat for your baby/toddler.
3. Plan naps and mealtimes based on your flights and layovers ahead of time.
4. Pack healthy, portable snacks to hand out strategically between meals.
5. Create a travel pack based on your destination containing 3-5 quiet activities (coloring, writing, stickers) that can be done while seated.
6. Pack a stash of secret surprises (new toys, books, stickers, fun food).
7. Pack one set of extra clothes for each person in your family that is traveling in your carry-on.
8. Pack extra ziplock bags and plastic bags in your carry-on.
9. Consider goody bags for fellow travelers.
10. Download new episodes from your child's favorite show. Charge batteries.
11. When possible, get up to stretch your legs and walk up & down the aisles.
12. Check your attitude: turn on go-with-the-flow mode.



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