

trunki

Travel Tips!



trunki
Get set. Go!

Travel Tips!



We know that travelling with tots isn't always easy, but there are lots of things that you can do to help make your journey as enjoyable as your holiday!



We've put our heads together with lots of globetrotting families and compiled a list of the most useful tips and games to keep your little ones amused no matter where you're travelling!

Road Trips

Travelling Abroad

Expert Advice

Travel Games

Lets Go!



Road Trips

P 3-4

How to prevent Motion Sickness

Top Tips

What to Pack

Travelling Abroad

P 5-8

Top Tips

Last Minute Tips

Surviving Long Haul Flights

Family Check List

**Expert Advice**

P 9-10

Top Tips

Travel Games

P 11-12

Travel Games



How to prevent Motion Sickness

EWWW!

Motion Sickness occurs when your brain and body get confused. It thinks that you're still because you're inside a car, but your body senses balance through your inner ear and knows that you're moving. This conflict produces a chemical which your body tries to reject, and this is what makes you feel ill.

Tips!

- Close your eyes - If you can't see, it removes the cause of the sickness
- Look out the window and focus on the horizon
- Open a window for fresh air
- Avoid reading or hand-held games - entertain with audio books or games
- Avoid winding scenic routes if possible - Motorways provide a smoother drive
- Avoid strong smelling or greasy, hard to digest snacks and fizzy drinks.
- There are some foods that may help:

Ginger - Ginger biscuits, ginger sweets, ginger beer, ginger tea

Peppermint sweets

Lemon flavoured boiled sweets



Road Trips

Long car journeys can be extremely unpredictable so it to take the advice of the boy scouts and be prepared!

Top Tips for Road Trips

- Plan your journey if you haven't got GPS there are lots of websites that do route plans. Also check alternative routes and schedule regular stops.
- Take a football or a frisbee for stops, let the children burn off some energy.
- Remove air fresheners if they are over-powering **or** pack one if you are predicting any bad smells!
- If felt tips are being used and food being consumed, it may be worth covering the back seats with an old bed sheet or blanket to protect the interior.
- Tie some toys to the car seat with ribbon or string. It'll prevent you from constantly retrieving things from the floor.

What to Pack?



- Lots of water, not only to keep everyone hydrated, but if someone suffers from motion sickness you'll need to clean them and the car!
- Travel potty. Hopefully you won't need it, but it may just come in handy!
- Detachable sunscreens. It's easy to forget if it's grey when you leave home, but the weather can be unpredictable.
- Lots of tissues, wet wipes and a bag for rubbish.
- Portable DVD player, audio books, mp3 player, travel games - all are welcome distractions. Just make sure you don't forget the chargers too!
- Layers, or even a change of clothes. (Just in case!) If you're travelling through the night, try dressing them in pyjamas to make it feel like bedtime.

Top Tips!



- Before jetting off, try suggesting holiday related projects for your children to get them excited! How about getting them to research the place you are staying, the local food or the weather. Maybe create a wish list of all the things they want to do when they arrive.
- It can be worth doing a bit of research on what there is to do or visit if the weather turns against you. There's nothing worse than being stuck in a hotel room on a rainy day when on holiday.
- Try turning mundane procedures into games. It sounds silly but it'll help to pass the time stuck waiting around. For example, "How many people can you count wearing something red?"
- If you're flying with an airline you've not used before, try and find out what they offer little ones in terms of food and entertainment. Some airlines do not provide baby food - best to be prepared!
- Depending on where you are in the world, hand luggage policies may vary - This is particularly important if you're bottle-feeding as some won't let you take liquids through.
- Try packing a few little surprises to give out to your child throughout the journey. They can be small toys, healthy snacks or a favourite treasure.
- If you're lucky enough to have a child who'll sleep almost anywhere, it might be a good idea to travel at night so that they, and more importantly you, can get some much needed sleep!



Last Minute Tips!



- To help prevent jet lag try making small changes to your families routine a week before you go. Push bedtime back or forward by 15 minutes more each evening.
- Remember to book your seats together (or separately if your little ones have a habit of winding each other up!) as not all airlines will do so automatically. (Although families with young children usually get priority boarding).
- Sometimes a little pessimism is not a bad thing. Prepare for the potential 4-hour delay by packing a distraction in your hand luggage. Should it happen you'll be glad you did!
- Snacks are a must for families on the move - just remember to avoid fruits that squash easily, things that melt, or fizzy drinks which may get shaken up.
- With your little ones, collect items throughout your holiday to make a scrapbook or keepsake box when you return. You can include anything from shells to bus tickets to sweet papers. It's a lovely way to remember a great holiday.
- If you're travelling with a buggy make yours stand out. If you're on a busy family flight the chances are they'll be people with the same one as you. Try tying ribbon around yours to make it stand out.
- Airplanes can be a bit chilly; most airlines do provide blankets but only a limited supply. If your brood feel the cold, bring an extra jumper or socks if you're in flip-flops!
- Remember to check that your hotel or apartment has a cot!



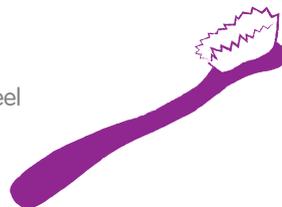
Surviving Long Haul Flights!



Some people would argue that taking a young child on a long haul flight is either very brave or very stupid. However, we believe travelling and seeing new cultures is one of the best experiences for kids. So here are our top tips to help take the pain out of long haul flights.

Zoom!

- Take as many toys and distractions as you can fit in a Trunki! Boredom is often the cause of travelling tantrums. However, avoid games with small parts that could get lost, or toys that make lots of noise. Also, try hiding some items and only bring them out when spirits start to lower. The surprise element should soon cheer them up!
- Fresh activity or sticker books often have more appeal than old worn games and toys they've played with 100's of times before.
- Most airlines let under 2's travel for free, but when booking, seriously consider how long you're willing to have a child on your lap for. It makes, eating, reading or even watching a film very tricky!
- Before booking find out just how child friendly your airline is. What entertainment do they provide, do they have an in-flight activity scheme for children of different ages, do they have children's TV channels and games, do they provide children's meals etc.
- Make sure you and your child are as comfortable as possible. Many mums recommend putting their little ones into pyjamas to make it feel more like bedtime.
- Take along some toothpaste, a toothbrush, baby wipes and a change of clothes for all, just in case anyone is ill. Also you'll feel more positive if you feel clean!



Travelling Abroad

Family Check List!

Here are a few of those obvious essentials that it can be only too easy to forget! It's always a good idea to do a last minute check - you'll regret it later if you don't!



- Passports
- Tickets or order confirmation if it's an e-ticket.
- Money, travellers cheques and a debit / credit card.
- High factor sun lotion - preferably waterproof.
- Baby wipes
- Boiled sweets / lollipops - to avoid sore little ears for take off and landing
- Healthy snacks
- Favourite toy / blanket / cushion
- First aid kit - Including Calpol. Unusual food can often unsettle tummies.
- Insect repellent - Speak to your local chemist about getting one that is specifically for young children.
- Aftersun lotion
- ID bracelets with an emergency contact number for little explorers
- A camera!



Expert Advice!

Expert Advice

Fawzia Rasheed de Franciisco is the author of *The Rough Guide to travel with Babies and Young Children*. She has travelled the world with her two boys in tow and this is why she thinks travelling with children is so worthwhile.



“Taking time out can help parents to absorb some of their children’s ability to play, making for some memorable moments together. Children, of course are naturally amenable. As the novelist and travel writer Pico Lyer said: “Every child is a born adventurer, and every traveller a born-again child.” Soon, everyone unwinds and begins to enjoy themselves: toes are wiggled in streams, milkshakes, hammocks and dreams are shared.”



Expert Advice



Fawzia's Top 5 Tips!

- 1 Accommodation:** With young children, you'll spend more time at base than you would otherwise - so make it a treat.
- 2 Clothes:** Children need very little. And yet simple things, like choosing fabrics that are not just easy to wash but quick to dry, helps.
- 3 Luggage:** If you've heaps to carry, consider luggage delivery firms. Or with a little online shopping, you might also be able to get what you need delivered wherever you plan to stay.
- 4 Entertainment:** Be wary of taking favourites such as teddies - imagine the tears if they get lost. Try 'losing' them before you go and aim for a happy reunion on return!
- 5 Once you're there:** Do what you most want to first - with children, the best laid plans can go to pot. This way, if it doesn't work the first try, you'll always have a second shot.

Travel Games



Travel games help to make your journey seem so much quicker. The longer you can distract and entertain your child with these, the longer you can avoid the "Are we there yet's?"

Who am I?

Each person in the car takes it in turn to pick a famous person or character (picking a theme is a good starting point, eg: Disney characters). Once the first person has chosen who they are, the other people in the car take it in turn to ask them questions which they can only answer yes or no. The first person to correctly guess who they are wins.

One Word Tales

Each person takes it in turn to tell a story, but only saying one word at a time.



A

B

C

Number Plate Alphabet

This works best on the motorways as there are usually lots more cars. Go through the alphabet looking for number plates containing each letter. The catch is that you have to do it in alphabetical order, it's no good spotting a 'B' before you've found an 'A'!

Car Bingo

Each person in the car picks a colour (red is often a favourite in this game!) The first person to spot 10 cars in their chosen colour is the winner!

When Terrance went on Holiday...

It's the classic packing memory game with a Trunki twist! The game begins with the first player saying "when Terrance went on holiday, he packed..." and adding an item. The following player adds another item and so on eg: "When Terrance went on holiday he packed, wellies, swimming trunks, goggles..."



