

# TRAVEIL ESSENTIALS

There's nothing better than quality family time — and one of the best ways to get it is to get out of the house and on the road.

When adventure calls to you and your family, it's helpful to be ready ahead of time so you don't overthink your packing list.

Here's a list of essentials to prep now for when you're ready to head out the door with the kids.

A TOTE FILLED WITH TOYS

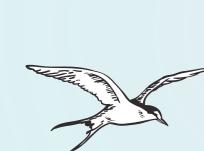
Keep a tote in the trunk of the car that's filled with outdoor toys like balls, racquets, bubbles, skipping ropes, buckets and shovels. That way you can hop out whenever you need to and have plenty of fun ways to stretch your legs.





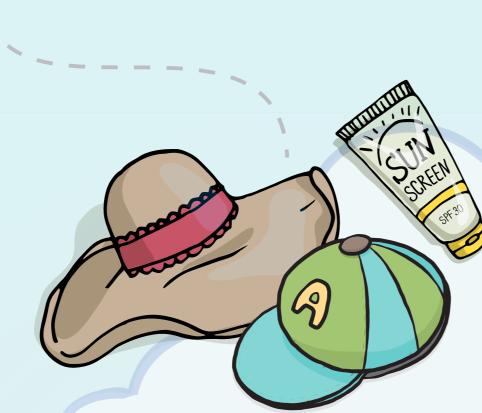
### A TRAVEL-SIZED COOLER BAG AND RESUABLE WATER BOTTLES

Stay hydrated and avoid pit stops for less-than-healthy food by having a cooler bag stocked with snacks and water. Individual containers for each kid are handy for keeping the mess and squabbling to a minimum, too.



# FIRST AID KIT

Be prepared for the typical bumps and bruises by having what you need on hand. Pack a doctor-approved, long-acting pain reliever like Children's Advil, allergy medication, bug repellent, anti-nausea medication, antibiotic ointment and band-aids.



# SUNSCREEN AND HATS

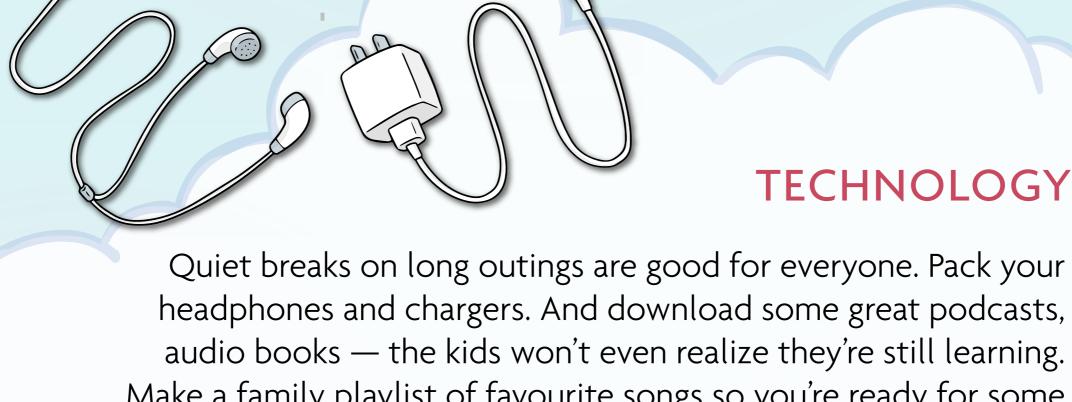
Sun safety is extremely important—no matter what season you're in. A good quality sunscreen (don't forget your own, too) and hats are a must-have when you're spending hours outdoors in the sunshine.



## AN IN-CAR ACTIVITY BAG Car rides can be long and boring. Fill a backpack with books, a

sketchpad, drawing tools, puzzle books, stickers and pint-sized toys. Swap it up with new pieces every now and then to keep things exciting.





**TECHNOLOGY** 

audio books — the kids won't even realize they're still learning. Make a family playlist of favourite songs so you're ready for some car karaoke, too.



### containers, some plastic bags, and wipes tucked into the car. Hand sanitizer can also be used for a quick roadside clean up.

**CLEAN UP TOOLS** 

Keep the road trip messes to a minimum by having small garbage





### for each kid ready to go and don't forget to add socks and underwear, too.

**EXTRA CLOTHES** 

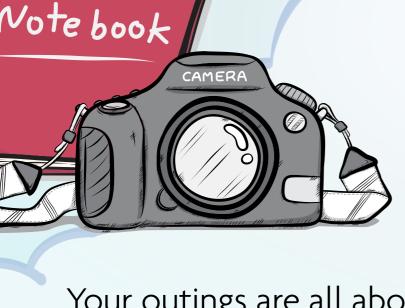
You never know what's going to happen, but accidents and

spills are pretty much a given with kids. Have an extra outfit



### pillow or two to make the ride more comfortable. Travel pillows are great for those who love to take naps in the car and having a

familiar blanket from home can help to make the transition to sleeping in new places easier, too.



**CAMERAS AND JOURNALS** Your outings are all about making memories. Let your kids get in on the storytelling by bringing kid-friendly cameras (iPods, disposable

cameras, polaroid cameras) and a journal to document their



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course of treatment.