



TRAVEL 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

Quiet breaks on long outings are good for everyone. Pack your headphones and chargers. And download some great podcasts, 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.



CLEAN UP TOOLS

Keep the road trip messes to a minimum by having small garbage containers, some plastic bags, and wipes tucked into the car. Hand sanitizer can also be used for a quick roadside clean up.



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



PILLOWS AND BLANKETS

If your adventure is taking you a little further from home, grab a 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 adventures.

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