

Travel Checklist: Packing & Activities for Kids

Travelling with children gets chaotic fast. This list separates the essentials and gives 12 screen-free games.

HuggleTales-Tip: Download HuggleTales offline before you leave — your own voice, no waiting on the plane, no tablet fights.

Packing List for Ages 2-7

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| ☐ Spare clothing (2 sets, separate bags) | ☐ Nightwear + slippers (also for the hotel) |
| ☐ Medication: fever, first-aid, allergies | ☐ Dummy / stuffed toy / favourite blanket (CHECK MULTIPLE TIMES!) |
| ☐ Snack box (unsugared: fruit, nuts, crackers) | ☐ Refillable drinks bottle |
| ☐ Emergency contact card per child | |

12 Screen-Free Activities

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| ☐ Travel memory game: 10 matching pairs you cut out yourself | ☐ Magnet game (fridge in the hotel = instant fun) |
| ☐ Dice & count: find 3 things starting with letter A in 1 minute | ☐ Story chain: each person adds one sentence |
| ☐ 'I spy something you don't see' | ☐ Sticker passport: 1 sticker per hour |
| ☐ Truck-counting: who spots 5 red cars first? | ☐ GPS treasure map: hide 3 treats along the route |
| ☐ DIY radio play: family becomes the characters | ☐ Travel journal: sketchbook + pens, one page per day |
| ☐ Suitcase guessing: guess the item by touch | ☐ Sing-along elimination: whoever hesitates, drops out |

Flight & Train — Extra Tips

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| ☐ Chewing gum / lollipop at take-off (pressure relief) | ☐ Book extra legroom above the wings |
| ☐ Animal-shaped headphones (harder to lose) | ☐ Surprise snack from the secret stash at delays |

If this checklist helps: check out **HuggleTales** – the app for personalised bedtime stories with your own voice. Your first story is free. For iOS & Android.