

### Travel-Day Essentials

- Snacks (familiar + mess-free)
- Refillable water bottles
- Wet wipes / tissues
- Change of clothes (at least one child)
- Small blanket or comfort item
- Entertainment (books, tablet, colouring, headphones)
- Hand sanitiser
- Basic first aid (plasters, wipes)

### Clothing & Comfort

- Comfortable, worn-before outfits
- Layers for temperature changes
- Sleepwear (familiar if possible)
- Comfortable shoes
- Weather-specific items (sun hat, rain jacket)

### Sleep & Routine Support

- Favourite soft toy / blanket
- Familiar pillowcase
- Night light (portable)
- White noise app or machine

### Personal Notes

What helps our family reset when things feel overwhelming:

One thing we want this trip to feel like:

Non-negotiables for comfort:

### Food, Drinks & Energy

- Emergency snacks
- Reusable snack containers
- Electrolyte drinks or sachets
- Cutlery or cups if needed

### Emotional Regulation & Downtime

- Quiet activities
- Comfort objects
- Fidgets or sensory toys
- Calm music or audiobooks

### Planning & Practicalities

- Printed itinerary (simple)
- Accommodation details saved offline
- Emergency contacts
- Travel documents organised
- One low energy day planned

### Parent Essentials

- Chargers & power bank
- Medication / pain relief
- Comfortable clothing
- Water & snacks for you