



Family Travel Checklist

Fillable + printable PDF

Trip and family details

LEAD TRAVELER

DESTINATION

DEPARTURE DATE

TRIP LENGTH

ADULTS

CHILDREN

CHILDREN'S AGES

AIRLINE OR TRANSPORT

Use the checkboxes digitally or print the PDF. Verify current airline, entry, health and child-restraint rules.

1 Documents and reservations

- Passports, identification and required child travel documents.
- Visas, travel authorizations or entry permits, if required.
- Boarding passes and transportation confirmations.
- Hotel, resort or vacation-rental confirmations.
- Car rental, transfer and child-restraint reservations.
- Travel insurance information, if purchased.
- Copies of important documents stored securely.
- Emergency contacts and accommodation address saved offline.

2 Family planning before booking

- Destination fits the children's ages and interests.
- Travel dates work with school, routines and family commitments.
- Budget includes food, transportation and child-related costs.
- Rest days or slower periods are included.
- Flights or travel times are realistic for the family.
- Accommodation sleeping arrangements are confirmed.
- Family-friendly transportation options were researched.
- Backup plans are ready for weather or closures.



Family Carry-On and Age-Specific Packing

Pack for the people traveling

3 Family carry-on bag

- Passports, identification and boarding passes.
- Medication and medical information.
- Diapers, wipes and feeding supplies, if needed.
- Change of clothing for children and caregiver.
- Snacks and refillable water bottles.

- Headphones, books, tablets or activity kits.
- Charging cables and portable charger.
- Comfort items and small blanket.
- Tissues, sanitizer and wet or plastic bags.
- Emergency contacts and travel documents.

4 Babies and toddlers

- Diapers, wipes and changing mat.
- Formula, bottles, food or feeding supplies.
- Extra clothing and sleepwear.
- Stroller, baby carrier or approved child-restraint equipment.
- Medication and health supplies.
- Comfort item and familiar sleep item.

- Favorite snacks and spill-resistant cup.
- Simple activities, stickers or small toys.
- Change of clothes and extra socks.
- Comfort item and familiar bedtime item.
- Child identification and caregiver contact information.
- Items needed to support naps and routines.

5 School-age children and teenagers

- Small backpack or personal item.
- Headphones, books, games or travel journal.
- Destination learning activity.
- Emergency contact information.
- Age-appropriate snack and water bottle.

- Phone, headphones and charging cable.
- Portable charger and downloaded entertainment.
- Personal spending budget.
- Shared itinerary and meeting points.
- Agreed independence and communication rules.



Food, Entertainment and Routines

Support comfort during travel

6 Snacks, meals and hydration

- Pack familiar, low-mess snacks suitable for travel.
- Bring refillable water bottles and fill them after security when required.
- Confirm feeding supplies for babies or children with special needs.
- Research food options near the airport, accommodation and activities.
- Save allergy information and useful local-language phrases.
- Plan at least one flexible meal option for tired travel days.
- Pack reusable snack containers or utensils when useful.

7 Entertainment and comfort

- Download movies, shows, books or games before departure.
- Pack child-size headphones when appropriate.
- Bring a small surprise activity for long waits.
- Include coloring, stickers or travel games.

- Pack a familiar comfort item.
- Bring a light sweater or blanket.
- Charge all devices and portable batteries.
- Set reasonable screen and activity expectations.

8 Sleep, routines and time changes

- Protect important nap or sleep periods when possible.
- Pack familiar bedtime items and sleepwear.
- Adjust the schedule gradually for a major time-zone change, if practical.
- Keep the first day lighter after long travel.
- Build rest breaks into sightseeing days.
- Allow extra time for meals, bathrooms and transitions.

Helpful reminder

A flexible plan often works better than a packed schedule. Choose a few priorities, leave buffer time and keep a backup activity available.



Health, Safety and Accommodation

Prepare for common family needs

9 Health and medication

- Prescription medication is packed in original labeled containers.
- Enough medication is packed for the trip plus a reasonable delay.
- Basic first-aid items and child-safe supplies are included.
- Health, allergy and insurance information is accessible.
- Destination-specific health guidance was reviewed.
- Medication that must stay with the family is in the carry-on.

10 Family safety plan

- Take a current photo of each child before leaving.
- Teach children the caregiver's full name and phone number.
- Choose a meeting point for crowded places.
- Save local emergency and accommodation information.
- Keep child identification and contact information available.
- Avoid displaying a child's full name on clothing or bags.
- Review supervision plans for pools, stations and attractions.
- Discuss age-appropriate safety and communication rules.

11 Accommodation preparation

- Sleeping arrangements and bed types are confirmed.
- Crib, high chair or other requested family equipment is confirmed.
- Kitchen, refrigerator or laundry access is understood.
- Nearby pharmacy, grocery store and medical options are saved.
- Room safety and childproofing needs were considered.
- Arrival instructions and check-in timing are confirmed.

Official requirements

Car-seat, child-restraint, passport and health requirements vary by destination and transportation provider. Verify the current rules with official authorities before travel.



Airport, Arrival and Final Review

Ready for the family trip

12 Airport and travel-day preparation

- Online check-in is complete and seats are confirmed.
- The family knows the airport meeting and bathroom plan.
- Liquids, electronics and child supplies are easy to remove if required.
- Stroller, car seat and special-item procedures were reviewed.
- Children know what to expect during security and boarding.
- Transportation to the airport is confirmed with extra time.
- A delay plan includes food, medication, activities and charging.

13 Final night-before checklist

- All bags are packed, labeled and within current limits.
- Passports, wallets, phones and medication are together.
- Children's clothing is ready for departure.
- Boarding passes and reservations are accessible offline.

- Devices and portable chargers are fully charged.
- Snacks, bottles and feeding supplies are prepared.
- Alarms and transportation pickup are confirmed.
- Home, pet, mail and plant arrangements are complete.

14 Before leaving

- Every traveler has the required documents.
- Medication and comfort items are in the carry-on.
- All bags and child equipment are accounted for.

- Home is locked and the final safety check is complete.
- The family is leaving with enough time.
- Everyone knows the first arrival step.

Our family is packed and ready to travel!

Do one final document, medication, phone and child-equipment check.

Use this checklist as general planning guidance. Verify current official requirements before travel.



Family Contacts and Notes

Keep important details together

Emergency and accommodation details

EMERGENCY CONTACT NAME

EMERGENCY CONTACT PHONE

ACCOMMODATION NAME

ACCOMMODATION PHONE

ACCOMMODATION ADDRESS

INSURANCE OR ASSISTANCE NUMBER

LOCAL EMERGENCY NUMBER

15

Child-specific needs

Record allergies, medication schedules, feeding needs, routines, comfort items or other important details.

CHILD 1

CHILD 2

CHILD 3 OR ADDITIONAL FAMILY NOTES

Keep a secure copy of essential contacts and documents available offline.

Do not store sensitive personal information in an unsecured shared device.