

HAPPY NOMAD

Travel Hacks for Families

Travel simple. Travel well.

PACK SMART

- ✓ Outfits packed by day (packing cubes / labeled bags)
- ✓ 1-2 extra outfits per child in carry-on
- ✓ Wear bulky items on travel day
- ✓ Roll clothing to save space
- ✓ Pack small laundry kit for sink washing

HOTEL & SLEEP

- ✓ Request early check-in/late checkout
- ✓ Bring familiar sleep item
- ✓ White noise app

CARRY-ON ESSENTIALS

- ✓ Wipes (for every age)
- ✓ Non-messy snacks
- ✓ Refillable water bottles
- ✓ Headphones + downloads
- ✓ One surprise item per child
- ✓ Extra shirt for parent

FOOD & MEALS

- ✓ Pack easy breakfasts/snacks
- ✓ Share adult meals + sides
- ✓ Grocery delivery when possible

AIRPORT & FLIGHT FLOW

- ✓ Arrive early
- ✓ Let kids walk pre-boarding
- ✓ Board when it's right for you
- ✓ Snacks/pacifier for ear pressure
- ✓ Choose seats intentionally

MINDSET SHIFTS

- ✓ Lower expectations
- ✓ One main activity per day
- ✓ Remember:
Kids remember how it felt

**Make the journey part
of the adventure.**