

Kids Food and Packing List

Food Ideas

- Granola bars
- Pasta salad made without mayo - great potato salad recipe made with pureed cauliflower
- Baguette or rolls, can use string cheese to make a sandwich
- Sippy cup or bottles
- Light weight child spoon/fork
- Crackers or pretzels
- Cut vegetables (carrots, red peppers, cucumbers, celery)
- Cut up fruit or berries (frozen grapes can act like an icepack)
- Small sandwiches - cheese and cucumber in fun shapes, jam (US TSA allows ice packs as long as solidly frozen)

*Please NO peanut butter – too many kids are super allergic

Carry-On Bag Suggestions

- Wipes
- Tissues
- Plastic garbage bags
- Hand sanitizer
- Bibs
- Small 1st aid kit
- All medicine - prevent leaks by packing medicines and toiletries in reseal-able plastic bags
- Diapers, diaper cream, disposable changing pads (more than you think - delays/flight cancellations)
- Toys (little pre-packages Lego sets are great for long flights), a few new surprises too!
- Chargers and other electronic cables
- Tablet loaded with shows, movies, music, games (download your airline's app as they usually have content on there as well)
- Extra set of clothes
- Favorite stuffed animal
- Soap & shampoo
- Toothpaste & toothbrushes

Checked Bags

- Night light
- Thermometer
- Name of local doctor or 24 hour medical facility
- Laundry detergent (a small amount to get you started)
- Sunhat
- Sunscreen
- Sunglasses

