



Family Vacation Sanity Saver Kit

A practical family travel kit with kid packing pages, snack ideas, medicine reminders, travel-day planning, and real-life tips for smoother family trips.

Quick Checklist

- ☐ Kid bags planned
- ☐ Medication packed
- ☐ Snacks handled
- ☐ Travel day plan ready

INSIDER TIPS EDITION

Perfect for family vacations, resorts, cruises, road trips & flights



Family Travel Smart Start

Family trips are not about perfection. They are about lowering the number of preventable meltdowns - including the adult ones.

Heather's Tip: Make one grown-up the document captain

Pick one adult to be in charge of IDs, passports, confirmations, boarding passes, and transfer details. Too many captains equals "I thought you had it."

BEFORE TRAVEL DAY

- ☐ Confirm names match IDs
- ☐ Pack meds in carry-on
- ☐ Charge devices
- ☐ Pack comfort item
- ☐ Confirm sleeping arrangements
- ☐ Save confirmations offline
- ☐ Plan snacks
- ☐ Download shows/music
- ☐ Review stroller/car seat needs
- ☐ Set expectations with kids

Heather's Tip: Tell kids the plan in chunks

You do not need to explain the whole itinerary. Try: first airport, then airplane, then luggage, then ride, then hotel. Small chunks help kids feel less overwhelmed.

Family roles

Person	Job
Adult 1	Documents, money, timing
Adult 2	Kids, snacks, bathroom breaks
Older kid	Own backpack and water bottle
Everyone	Shoes on, listen for announcements



Kid Packing + Outfit Planner

The family packing goal: enough backups to survive, not so many bags that you need a pack mule and a prayer.

Heather's Tip: Pack outfits in daily bundles

For younger kids, bundle shirt, bottoms, underwear, and socks together by day. It makes mornings faster and prevents the mysterious “why are there seven shirts and no shorts?” problem.

Kid clothing checklist

- | | |
|--|---|
| ☐ Daily outfits | ☐ Backup outfits |
| ☐ Pajamas | ☐ Underwear/socks |
| ☐ Swimsuits | ☐ Cover-up/rash guard |
| ☐ Light jacket | ☐ Dress outfit if needed |
| ☐ Comfortable shoes | ☐ Sandals/water shoes |

Baby/toddler extras

- | | |
|--|--|
| ☐ Diapers/pull-ups | ☐ Wipes |
| ☐ Diaper cream | ☐ Swim diapers |
| ☐ Bottles/sippy cups | ☐ Formula/snacks |
| ☐ Pacifiers plus extras | ☐ Small blanket/lovey |
| ☐ Stroller fan | ☐ Portable changing pad |

Heather's Tip: Bring the weird comfort thing

If your child sleeps with a specific blanket, stuffed animal, sound machine, or cup, pack it. Vacation is not the time to test emotional independence at 11:47 p.m.

OUTFIT NOTES



Travel Day Carry-On Plan

A well-packed carry-on can save the whole mood. Think boredom, hunger, spills, delays, and temperature changes.

Heather's Tip: Never pack all kid clothes in checked luggage

Put at least one full change of clothes per child in a carry-on. Add one adult shirt too, because juice, motion sickness, and sticky fingers do not respect your outfit.

Family carry-on checklist

- | | |
|--|--|
| ☐ IDs/documents | ☐ Medication |
| ☐ Change of clothes | ☐ Wipes/tissues |
| ☐ Snacks | ☐ Empty water bottles |
| ☐ Chargers/power bank | ☐ Headphones |
| ☐ Small activities | ☐ Comfort items |

Kid entertainment ideas

- | | |
|--|--|
| ☐ Sticker books | ☐ Water Wow or mess-free coloring |
| ☐ Small notebook | ☐ Card games |
| ☐ Downloaded shows | ☐ Audiobooks/music |
| ☐ Tiny surprise toy | ☐ Fidget item |
| ☐ Travel scavenger hunt | ☐ Tablet with headphones |

Heather's Tip: Use “new-to-them,” not necessarily new

You do not need to buy a pile of new toys. Hide a few forgotten items for a week, then bring them out on travel day like tiny miracles.



Snacks, Medicine + Mess Kit

Hungry, sticky, or uncomfortable kids are not vacation villains. They are just kids without the right tiny supplies.

Heather's Tip: Pack protein, not just sugar

A bag full of candy and crackers can backfire. Add protein or filling snacks like granola bars, meat sticks, nut-free options, cheese crackers, or whatever your family safely eats.

Snack planner

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| ☐ Protein snack | ☐ Crunchy snack |
| ☐ Sweet snack | ☐ Fruit pouch/dried fruit |
| ☐ Gum or suckers for ears if age-appropriate | ☐ Empty water bottle |
| ☐ Electrolyte packets if useful | ☐ Zip bags for leftovers |
| ☐ Napkins | ☐ Hand wipes |

Mini medicine kit

- | | |
|--|--|
| ☐ Prescription meds | ☐ Pain/fever reducer |
| ☐ Allergy meds | ☐ Motion sickness option |
| ☐ Bandages | ☐ Thermometer |
| ☐ Anti-itch cream | ☐ Stomach meds if appropriate |
| ☐ Sunscreen | ☐ After-sun/aloe |

Heather's Tip: Keep medication with the adult, not buried

Medication should be easy to access and stay with you, not checked in a suitcase or floating in a kid backpack that gets left under a chair.

MEDICATION NOTES



Hotel, Resort or Cruise Cabin Setup

The first 15 minutes in the room can make the rest of the stay easier.

Heather's Tip: Create a drop zone immediately

Pick one spot for room keys, sunglasses, sunscreen, chargers, and wallets. Family rooms get chaotic fast; a drop zone prevents the daily "where is my card?" hunt.

Arrival room checklist

- | | |
|--|---|
| ☐ Check bed setup | ☐ Check bathroom supplies |
| ☐ Locate outlets | ☐ Set up charging station |
| ☐ Put meds/documents somewhere safe | ☐ Create dirty clothes bag |
| ☐ Choose shoe spot | ☐ Check balcony/window locks |
| ☐ Set sleep area for kids | ☐ Find ice/water/snack options |

Heather's Tip: Take a room photo before unpacking

If you want to remember the room type or share it later, take photos before luggage takes over. After 10 minutes, it becomes a documentary about socks.

Sleep helpers

- | | |
|---|--|
| ☐ Sound machine/app | ☐ Nightlight |
| ☐ Favorite blanket/lovey | ☐ Clips or towel for light gaps if safe |
| ☐ Pajamas easy to find | ☐ Bedtime meds if needed |
| ☐ Book/story | ☐ Morning clothes set out |



Meltdown Prevention + Memory Making

This page is half practical and half permission slip: you are allowed to build rest into the trip.

Heather's Tip: One big thing per day is enough

For family travel, one major activity per day often works better than a packed schedule. Leave space for pool time, naps, snacks, and the surprise joy of doing nothing.

Daily rhythm planner

Time	Plan	Notes
Morning		
Midday/rest		
Afternoon		
Evening		

Heather's Tip: Take the “boring” photos too

Snap the airport snacks, tiny sandals by the door, the messy hotel breakfast, and the kid holding a souvenir. Those often become the best memory photos later.

Memory prompts

- | | |
|---|--|
| ☐ Funniest moment | ☐ Best food |
| ☐ Favorite pool/beach moment | ☐ Something new we tried |
| ☐ Best photo taken | ☐ Souvenir picked |
| ☐ One thing to do again | ☐ One thing to skip next time |

FAMILY NOTES



Before You Go...

Use this page as your final sweep before you close the suitcase, lock the door, and head toward vacation mode.

Heather's Tip: The travel advisor shortcut

If you are overwhelmed by resort choices, cruise cabin categories, family logistics, transfers, insurance, or the tiny details that make travel smoother, that is exactly where a travel advisor can help. Keep this kit as your prep tool - and when you want the whole trip handled with care, reach out to Dream Destinations by Heather & Joe.

LAST-MINUTE SWEEP

- | | |
|---|---|
| ☐ IDs/passports packed in personal bag | ☐ Medication packed in carry-on |
| ☐ Chargers and power bank packed | ☐ Household trash handled |
| ☐ Thermostat set | ☐ Doors/windows locked |
| ☐ Travel documents saved offline | ☐ Payment cards and some cash packed |
| ☐ Out-of-office replies set | ☐ Rides/transfers confirmed |

NOTES
