



### **Rupertia Travel Packing Guide**

This packing guide has been developed based on personal experiences and can be adapted to meet your travel needs, our aim is to help you prepare for a wonderful travel experience!

#### **Children**

##### **Hand Luggage**

**Always have copies of travel documents in your suitcase!**

<b>Documentation</b>	<b>Y/N</b>	<b>Miscellaneous</b>	<b>Y/N</b>
Passport		Blanket	
Boarding Pass		Travel Pillow	
Travel Insurance		Eye Mask	
Global Health Insurance Card		Ear Plugs	
Prescriptions/Medicines		Snacks	
		Bottled Water	
		Books	
		Activities, gadgets, toys	

#### **Adult:**

##### **Hand Luggage**

**Always have copies of travel documents in your suitcase!**

Documentation	Y/N	Miscellaneous	Y/N
Passport		Travel Pillow	
Boarding Pass		Eye Mask	
Travel Insurance		Ear Plugs	
Global Health Insurance Card		Chewing Gum	
Prescriptions/Medicines		Bottled Water	
Travel Cash/Card		Books	
Car Insurance		Electronic device for reading/ watching	

### **Checked Baggage**

#### **Babies and Toddlers**

**Always, always, always bring a travel bag for the little one!**

**And**

**bring your pushchair, stroller or carrier!**

*Warmer Climates*

#### *Clothing*

Clothing	Y/N
Daytime clothing x2 for each day, babies and toddlers are prone to messiness	
Evening clothing x1 for each evening	
Cardigan/light jacket – remember the days maybe hot and the evenings cold!	
Sleepwear x3	
Underwear (vests x1 for each day, knickers/pants x2 for each day, nappies (only you know), swimming nappies x1 for each day)	
Barrier cream for nappy rash	
Nappy sacks	
Socks x 1 for each day	
Swimwear x1	

Swim hat x 1	
Swim goggles x 1	
Swim arm bands x 1 pair	
Swim inflatables – remember to give children something to play with	
Swim towel poncho x1	
Sunglasses with UV protection x1	
Sunhat x1 – only use visors for older children	
Sandals x 2	
Beach towels x1	

*Cooler Climates*

<b>Clothing</b>	<b>Y/N</b>
Daytime clothing x2 for each day, babies and toddlers are prone to messiness	
Evening clothing x1 for each evening	
Hat, scarf, and gloves/mittens x 1 of each	
Cardigan/Jumpers – x1 for each day	
Sleepwear x3	
Underwear (vests x1 for each day, knickers/pants x2 for each day, nappies (only you know)	
Socks x 1 for each day	
Slippers or slipper socks x 1	
Boots, trainers, or shoes – dependant on planned activities – if wet bring wellington boots	
Raincoat	
Umbrella	

*Nutrition*

<b>Nutrition</b>	<b>Y/N</b>
If you are breast feeding, pack your breast pump, breast pads and storage containers for your milk!	

If your little one is formula fed, pack formula milk and consider the ready-made cartons as these will surely make your life easier when travelling. You will need bottles, bottle brush for cleaning and sterilising fluids or tablets to keep those bottles clean.	
Always pack home comforts for your little one as they may need time to adjust to different tastes and textures and trust me, your little one's nutritional happiness will help make your travel experience comfortable! So, breakfast cereals, snacks, drinks and even jar food – whatever your little one loves to bring what you can within reason. It's best to introduce new foods as optional!	
Bowl, spoon and drinking cup – always travel with bottled water to make sure your little one has clean and safe water!	
If you need to make a bottle whilst on an experience, consider bringing a small flask of hot/warm water for ease – saves you looking around for hot water!	
Muslin cloths or bibs x2 for each day	
Vitamins – remember to pack enough for each day!	

#### *Toiletries*

<b>Toiletries</b>	<b>Y/N</b>
Flannels and towels -the towels with hoods are great for travelling, dry the body and hair easily!	
Body wash	
Body moisturiser – remember if your child has eczema or other skin conditions, bring what you would use for your little one should they have a flare up, always aim to make sure your little one is as comfortable as possible, and you can continue given the best care when you are travelling.	
Shampoo – try using a travel container for 100-200mls to save on space and weight!	
Conditioner - try using a travel container for 100-200mls to save on space and weight!	
Hair products (lotion, oils, leave-in conditioner) – try using a travel container for 100mls!	
Comb/brush x 1 of each	
Hair scarf x1	
Wet wipes x2-3 packs	

Toothbrush x1	
Toothpaste x1	
Cotton wool and cotton swabs	
Sunscreen – make sure you test out the sunscreen before you travel to make sure your little one’s skin can tolerate!	
Fan	
Umbrella – for those who like instant shade	
Blanket and comforts	
Insect repellent – consider a plug-in for the room and a spray for when out and about.	
Disinfectant spray for the room – some families have travellers with sensitivities and want to give the room a personal quick clean before they unpack.	
Collapsible container(s) to store food when leaving the hotel for excursions.	

**Activities**

Activities	Y/N
Favourite toy/comfort – remember if your little one has something to settle them to sleep when home, they will need it when travelling because being in a new place with new sounds, smells and textures can be scary for a little mind.	
Reading books	
Creative set – books, crayons, coloured pens/pencils, chalk, stickers	
Learning games – remember to keep your little one stimulated by helping their development through playful activities.	

**Primary School Children to Adults**

**Clothing**

*If you are a minimalist pack 2/3 main outfits that can mix and match with 2/3 others and consider reversible dresses and Kaftans.*

Clothing	Y/N
Daytime clothing x1 for each day	

Evening clothing x1 for each evening	
Cardigan/light jacket -x1-2	
Sleepwear x1	
Underwear (vests x1 for each day, knickers/pants x2 for each day)	
Socks x 1 for each day	
Swimwear x1	
Swimwear cover-up x1	
Swim hat x 1	
Swim goggles x 1	
Sunglasses with UV protection x1	
Sunhat or Visor x1	
Footwear x 2	
Beach towels x1	
Gym wear x1	
Bag/purse/wallet	
Cash	
Jewellery	

*Cooler Climates*

<b>Clothing</b>	<b>Y/N</b>
Daytime clothing x1 for each day	
Evening clothing x1 for each evening	
Hat, scarf, and gloves x 1 of each	
Cardigan/Jumpers – x1 for each day	
Sleepwear x1	
Underwear (vests x1 for each day, knickers/pants x2 for each day)	
Socks x 1 for each day	
Slippers or slipper socks x 1	
Boots, trainers, or shoes – dependant on planned activities	

Raincoat	
Umbrella	
Gym wear x1	
Footwear	
Bag/purse/wallet	
Cash	
Jewellery	

*Toiletries*

***Provide a toiletry bag, this means they can take their toiletries in/out of the bathroom and keep the accommodation clean and tidy!***

<b>Toiletries</b>	<b>Y/N</b>
Flannels and towels – this depends on personal preference as some will be happy to use those provided by the accommodation.	
Body wash	
Deodorant	
Body moisturiser	
Shampoo – try using a travel container for 100-200mls to save on space and weight!	
Conditioner - try using a travel container for 100-200mls to save on space and weight!	
Hair products (lotion, oils, leave-in conditioner, gel) – try using a travel container for 100mls!	
Comb/brush x 1 of each	
Hair scarf x1	
Hair dryer attachments – not all accommodations will provide attachments suitable for all hair types!	
Hair accessories – hair bands, clips, glitter, hair chalk	
Face products – cleanser, toner, exfoliator, moisturiser, and sun protection	
Toothbrush x1	
Toothpaste x1	
Dental floss	

Mouthwash x1 100ml	
Cotton wool and cotton swabs	
Sunscreen – make sure you test out the sunscreen before you travel to make sure your little one’s skin can tolerate!	
Blanket and comforts	
Glasses/Contact lenses – remember if bringing contact lens bring sufficient for your travel and your cleaning solution.	
Sanitary products and sanitary bags	
Shaving cream, shaver	
Medicines (antihistamines/vitamins) and/or Prescriptions	
Insect repellent – always spray on your body outside of the room you are sleeping in, these products are strong, and your room needs to be well ventilated if you spray inside, read instructions carefully! <b>Remember to test these before travel to ensure your skin can tolerate the ingredients!</b>	

**Activities**

<b>Activities</b>	<b>Y/N</b>
Journal	
Pen	
Camera	
Reading books	
Mini board games	
If you decide to bring electronic devices – you can apply settings to manage screen time	
Homework	

**Adults:**

- Pack for ease and comfort and consider using packing cubes to organise your suitcase.
- If you have an outfit you like, consider bringing the same outfit in multiple colours. Adults tend to keep their clothing cleaner than children, so remember you can wear an outfit more than once, meaning you can pack less!



- Bring toiletry luxuries such as a body scrub, pumice stone, make-up, and perfume/after-shave.
- Pack using storage solutions to keep your luggage organised, these are great for children as they can find items quickly whilst they develop their travelling independence skills.
- Pack your toiletries in travel containers to save on space and weight.
- Bring an aluminium water bottle to store your drinks when leaving the hotel for excursions, it is important to stay cool and hydrated.
- Bring a journal to diarise your thoughts and experiences to share your wonderful stories with family and friends on your return.

**First Aid Kit:**

First aid item	Y/N
Pain relief for adults and children	
Antihistamines	
Hygiene wet wipes	
Hand sanitiser	
Waterproof plasters	
Decongestant – such as Vicks (children can get stuffy if they've spent a lot of time in the pool/sea.	