



Toddler Travel Cheat Sheet

Success isn't about a perfect itinerary — it's about keeping your child rested, fed, comfortable, and engaged while staying flexible.

BY @WINKOUTWONDER

PRIORITY 1



Sleep

PRIORITY 2



Food & Water

PRIORITY 3



Movement

PRIORITY 4



Engagement



Travel Mindset

Set expectations before you leave

Expect delays & messes

Buffer time every day

Sleep > sightseeing

Happy child > packed schedule

Progress, not perfection



Preparing Your Child

2–4 weeks before departure

2–4 WEEKS BEFORE

- Show photos/videos of airports, planes, trains, or hotels
- Read books about traveling
- Practice carrying a small backpack
- Let them sleep in a travel crib or unfamiliar room

TALK THROUGH THE JOURNEY

Tell them: "We'll wait in lines. We'll wear seat belts. The plane/train may be noisy. We'll sit for a while. We'll get snacks, stories, and breaks."

Predictability reduces anxiety.



Packing Essentials

Check off before you zip up



CLOTHING

- ☐ Daily outfits
- ☐ Pajamas
- ☐ Extra socks
- ☐ Jacket/layers
- ☐ Hat
- ☐ Comfy shoes



DIAPER/POTTY

- ☐ Diapers/training pants
- ☐ Wipes
- ☐ Diaper cream
- ☐ Changing mat
- ☐ Disposable bags
- ☐ Extra underwear



FOOD

- ☐ Water bottle
- ☐ Snacks
- ☐ Milk/formula
- ☐ Spoon/bowl
- ☐ Bib
- ☐ Spill-proof cup



ENTERTAINMENT

- ☐ Sticker books
- ☐ Crayons
- ☐ Small toys
- ☐ Books
- ☐ Downloaded shows
- ☐ Kid headphones



SLEEP

- ☐ Favorite blanket
- ☐ Stuffed toy
- ☐ Pacifier
- ☐ White-noise app



HEALTH

- ☐ Prescription meds
- ☐ Fever medicine
- ☐ Thermometer
- ☐ Bandages
- ☐ Hand sanitizer
- ☐ Sunscreen



The "Go Bag"

Always within arm's reach — never buried

2 diapers or spare underwear

Wipes

One change of clothes

Snack

Water bottle

Small toy

Tissues



Snacks Rule

Pack twice what you think you need



Never try new or unfamiliar foods on travel days.

Dry cereal

Crackers

Fruit pouches

Bananas

Cheese

Yogurt pouches

Homemade favourites



Airport Strategy

Burn energy before you board

BEFORE SECURITY

- Let them walk — don't keep them strapped in the stroller

BEFORE BOARDING

- Walk & stretch
- Climb stairs (if safe)
- Watch planes from the window
- Change diaper / bathroom visit

TWO ADULTS?



One handles luggage & docs



One stays with the child



During the Flight

Rotate every 15–30 minutes

TAKEOFF & LANDING — ENCOURAGE SWALLOWING

Water Milk Snacks Pacifier Breastfeeding

ACTIVITY ROTATION

1	2	3	4
Snack	Window watching	Stickers	Toy
5	6	7	8
Story	Walk aisle	Downloaded video	New snack

Don't give every toy at once — save novelty for when you need it.



Road Trips

Plan around the nap, not the map

- Plan drives around nap times when possible
- Stop every 2–3 hours for movement breaks
- Keep emergency snacks in the front seat
- Never leave a child unattended in the car
- Dress in layers — not bulky clothing



Hotel Arrival

First 10 minutes matter most

- 1 Remove breakables within reach
- 2 Move cords and cleaning products
- 3 Check balconies and windows
- 4 Set up the sleep area first
- 5 Unpack comfort items — blanket, toy, white noise



Sleep Strategy

Don't chase a perfect schedule



Familiar bedtime routine



Comfort object always present



Dark room if possible



White noise if helpful

If a nap is missed → move bedtime earlier.



Daily Itinerary Formula

Less is genuinely more



One major activity



Nap or quiet time



One lighter outing



Early dinner + early bedtime

Always leave room for spontaneity.



Handling Tantrums

Your calm is their calm

- 1 Stay calm
- 2 Keep them physically safe
- 3 Reduce stimulation where possible
- 4 Don't argue
- 5 Comfort when they're ready

Most meltdowns pass faster when adults stay composed.



Entertainment Hack



Safety Habit

-
- Wrap a few cheap items
 - Reveal one at a time
 - Novelty beats expensive toys

-
- Photo of child each morning
 - Records what they're wearing
 - Essential if you get separated



Offline Preparation

Before you leave home

-
- ☐ Download maps (offline)
 - ☐ Download favourite shows & music
 - ☐ Save tickets to phone
 - ☐ Save hotel details & address
 - ☐ Save emergency contacts

Don't depend on internet access abroad.



Daily Departure Checklist

Before leaving your accommodation each day

- ☐ Child has eaten
- ☐ Water bottle filled
- ☐ Diaper changed / bathroom done
- ☐ Spare clothes packed
- ☐ Snacks packed
- ☐ Favorite toy or comfort item packed
- ☐ Medicines packed
- ☐ Phone charged
- ☐ Wallet and documents with you
- ☐ Room key and essentials accounted for



Golden Rules

When in doubt, come back to these



Sleep beats sightseeing.



Feed before hunger becomes a meltdown.



Let toddlers move whenever it's safe.



Rotate activities — don't rely on screens alone.



Doing less often leads to a more enjoyable trip.



Your calm shapes their reaction to setbacks.



Pack light — keep essentials within reach.



When in doubt, slow down rather than squeeze in more.