



Jet with Kids *and* Passports

P R E P A R E - P R O T E C T - P R O V I D E

Consider the practical side of life with a child. Diapers, food, nap, play. Adapt this to life in a foreign country. Remember that millions of parents have raised children all over the world!

1. Plan itinerary with children in mind. SIMPLIFY
2. Consider apartment rental or verify hotel is child friendly
3. Allow children to play at parks and play areas (acknowledge their needs)
4. Do not count on toddlers walking for extended periods
 - Bring sturdy but lightweight stroller ([Maclaren Quest](#))
 - Use [Ergo Baby Carrier](#) (great for toddlers AND your back!)
5. Seek out pizzerias or casual eating establishments
6. Acknowledge jet lag in kids and plan accordingly
 - Using Ergo Baby/stroller to sightsee when child sleeps
7. Stay in center of city so it's easy to return to hotel/apartment for rest, supplies, etc.
8. Understand trains depart on time, board quickly and keep family together
9. Stick to basics with food for picky eaters – bread, cheese, meat, yogurt, milk
10. Pack extra supplies (diapers, food) to cover the first 24 hours at destination; locate market and note store hours as soon as you arrive.
11. Realize that markets/pharmacies are NOT open 24 hours! Pack necessary over-the-counter medication for infants/children to cover fever, pain, etc.
12. Increase the ratio! Consider traveling with another family/grandparent so you can take turns with adult activities or an irritable child.
13. Interact with locals – many are parents and can help if you need something.
14. Teach children words such as please, thank you, goodbye, and hello in foreign language.
Consider preschool classes at local cultural centers.
15. Limit trip to two main cities and base out of them for stability.
16. Become familiar with numbers to call in case of emergency (911 doesn't work!)

Enjoy the time with your family, take lots of photos and... be flexible!

Visit  JetwithKids.com for all of your family travel needs.

Tips for all International Travelers:

- Know hours and location of nearest embassy. Consider registering your trip at <https://travelregistration.state.gov/ibrs/ui/> before you leave.
- Bring along 2 extra passport photos and an expired passport or copy of current passport and store in a separate location from actual passport. This is very helpful if your passport is lost or stolen.
- Seriously consider purchasing [MedJetAssist](#) membership before trip. This is the single most important coverage a traveler can have. Health and travelers insurance and most medical evacuation insurance will only transport you to the “nearest appropriate facility” – NOT return you home for care.
- Print out copy of itinerary for each adult. If you get separated, have a plan, an itinerary, and some money.
- Exchange small amount of local currency to have available upon arriving at destination. Realize that many establishments do not accept credit cards. Make sure ATM card can be used internationally.