Before You Go

A Family Travel Safety Checklist

Three quick phases of any trip, and the safety basics worth checking at each one.

Trip: _____ Dates: _____

A Few Days Before You Go

- [ ] Check your car seat for a label reading "certified for use in motor vehicles and aircraft" (if flying)
- [ ] Call the airline to confirm your seat is approved and your family is seated together
- [ ] If crossing time zones, start shifting bedtime and wake time by small increments
- [ ] Pack the bedding, sound machine, or whatever your child sleeps with at home
- [ ] If traveling internationally, ask your pediatrician about vaccines and mosquito protection

Travel Day

- [ ] Pack a small rotation of already-familiar shows, books, or toys
- [ ] Pack snacks, a bottle, or gum for ear pain at takeoff and landing
- [ ] Talk through what security screening will be like, if flying
- [ ] Plan a stop roughly every two hours, if driving
- [ ] Pack a few calming items (headphones, a fidget) if new places are overwhelming

Once You Arrive

- [ ] Scan the room for hazards — exposed wiring, cleaning products, loose railings
- [ ] Check that the hotel crib or play yard looks safe before using it
- [ ] Stay within arm's reach of your child in or near water
- [ ] Use a real life jacket on a boat, not just an inflatable toy
- [ ] Get morning light and keep the room dark at night to help reset the clock

Not every trip needs every item — check what applies to yours.