

# TODDLER ROAD TRIP SURVIVAL CHECKLIST

## Before You Leave

- ☐ Pack bags, snacks, and car the night before
- ☐ Plan for a 4:30 am departure
- ☐ Download shows, movies, and games to tablets in advance
- ☐ Charge all devices (tablet, phone, portable chargers)
- ☐ Prepare a small emergency kit (see page 2)

## Food + Snacks

- ☐ Pack way more snacks than you think you'll need  
Healthy options: cheese sticks, fruit, crackers, trail mix  
Emergency treats: gummy bears, lollipops
- ☐ Avoid unfamiliar foods that may upset their stomach
- ☐ Bring refillable water bottles and wet wipes

## Stops + Breaks

- ☐ Plan picnic stops at parks, rest areas, or grassy spots
- ☐ Pack a picnic blanket, outdoor toys, and hand sanitizer
- ☐ Schedule an active stop right before nap time

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## Entertainment

- ☐ Fully charge and preload tablets with favorite shows/games
- ☐ Use volume-limiting headphones made for kids
- ☐ Save a new show or game as a road trip surprise
- ☐ Rotate with screen-free activities

## In-Car Emergency Kit

- ☐ Sick bags for motion sickness
- ☐ Extra outfits for both toddler and adult
- ☐ First aid kit: band-aids, antiseptic wipes, pain relievers
- ☐ Plastic freezer bags for soiled items/trash
- ☐ Extra water, formula, and snacks
- ☐ Roll of paper towels, baby wipes, hand sanitizer (in easy reach)

## Know Your Limits

- ☐ No marathon drives—no more than 10 hours/day with breaks
- ☐ Plan to arrive by dinner for wind-down time
- ☐ Break long trips into multiple days if needed