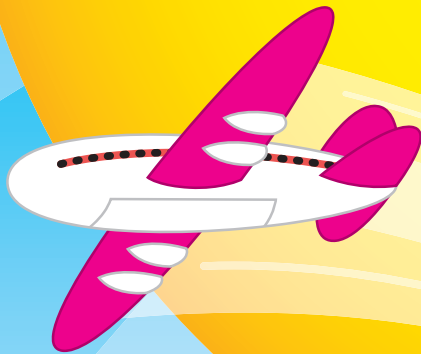


trunki®

luggage for little people



ebook

Trunki Travel Tips



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Boredom-busting Trunki Travel Tips!



We know that travelling with tots isn't always easy, but there are lots of things that you can do to help make your journey as enjoyable as your holiday.

We've put our heads together with lots of globetrotting families and compiled a list of the most useful tips and games to keep your little ones amused no matter where you're travelling.

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How to Prevent Motion Sickness

Motion sickness occurs when your brain and your body get confused. Your brain thinks that you're still because you're inside a car, but your body senses balance through your inner ear and knows that you're moving. This conflict produces a chemical which your body tries to reject, and this is what makes you feel ill.

Here are a few tips that can help to prevent motion sickness.

- As soon as your little one starts to feel queasy advise them to look outside the car and focus on the horizon.
- Open a window to get some fresh air in, sometimes overpowering air fresheners, or that 'new car smell' can make sufferers feel even worse.
- If your tot is prone to motion sickness they should avoid reading or hand held games, instead try entertaining them with audio books, or games – See our Travel Games section for some suggestions!
- When packing snacks for the journey avoid strong smelling or greasy hard to digest foods. Stick to dry snacks, and water or squash over fizzy drinks or orange juice.
- On longer journeys it could be worth avoiding the winding scenic route in favour of smoother straighter motorways.
- Sit them in the front, they'll have more window space and it sometimes means a smoother ride.
- Advise suffers to close their eyes. if you can't see it removes the cause of the sickness, and they may even nod off.
- If all else fails, most chemists sell highly effective little wrist bands that touch the magic pressure point on the inner wrist and stops motion sickness.
- There are certain things that you can eat which may help to prevent motion sickness in the first place:
 - Ginger is widely recommended. Try ginger biscuits, ginger sweets, ginger beer, ginger tea or ginger tablets.
 - Fresh mint works wonders - getting your toddler to eat mint leaves is not an easy task so try hiding it in soups, salads or sandwiches. Alternatively try giving the kids peppermint sweets to suck!
 - If mint and ginger are not an option, try lemon flavoured boiled sweets instead.



Road Trips



Top Tips for Road Trips!

Long car journeys can be extremely unpredictable so it's best to take the advice of the boy scouts and be prepared.

- Plan your journey, if you haven't got GPS there are plenty of websites that do route planners. (Try Multimap or Google maps.) While you're there check out an alternative route and schedule regular stops.
- Take a football or frisbee for stops, let your children burn off some energy before getting back on the road.
- Remove air fresheners if they are over-powering, or pack one if you're predicting any bad smells!
- If felt tips are being used and food being consumed it might be worth covering the back seat with an old bed sheet or blanket to protect your car interior!
- Tie some toys to the car seat with ribbon or string. It'll prevent you having to constantly retrieve things from the floor.

What to Pack

- Lots of water, not only to keep everyone hydrated but if anyone suffers from motion sickness you'll need it to clean them and the car!
- Travel potty. Hopefully you won't need it, but it may just come in handy.
- Detachable sunscreens. It's easy to forget if it's grey when you leave home but the weather can be unpredictable.
- Lots of tissues, wet wipes and a bag for rubbish!
- Portable DVD player, audio books, mp3 player, travel games - all are welcome distractions. Just make sure you don't forget the chargers too!
- Layers, or even a change of clothes. (Just in case!) If you're travelling through the night, try dressing them in pyjamas to make it feel more like bedtime.





Top Tips

- Before jetting off try suggesting holiday related projects for your children to get them excited! How about getting them to research the place you are staying, the local food or the weather forecast? Maybe create a wish list of all the things they want to do when they arrive, or draw a picture of what they imagine it will be like. They might even come up with a few suggestions for all the family!
- It can be worth doing a bit of research on what there is to do or visit if the weather turns against you. There's nothing worse than being stuck in a hotel room on a rainy day.
- Try turning mundane procedures into games. It sounds silly but it'll help to pass the time stuck waiting around. E.g. 'How many people can you count wearing something red?'
- If you're flying with an airline you've not used before, try and find out what they offer little ones in terms of food and entertainment, for example some airlines do not provide baby food - best to be prepared and take things if you need them.
- Depending on where you are in the world hand luggage policies may vary – This is particularly important if you're bottle-feeding as some won't let you take liquids through.
- Try packing a few little surprises to give out to your child throughout the journey. They can be small toys, healthy snacks or a favourite treasure.
- If you're lucky enough to have a child who'll sleep almost anywhere it might be a good idea to travel at night so that they, and more importantly you, can get some much needed rest!



Travelling Abroad



- To help prevent jet lag try making small changes to your families routine a week before you go. Push bedtime back or forward by 15 minutes more each evening.
- Remember to book your seats together (or separately if your little ones have a habit of winding each other up!) as not all airlines will do so automatically. Although families with young children should get priority boarding on most airlines.
- Sometimes a little pessimism is not a bad thing. Prepare for the potential 4-hour delay by packing a distraction in your hand language. Should it happen you'll be glad you did!
- Snacks are a must for families on the move – just remember to avoid fruits that squash easily, things that melt, or fizzy drinks which may get shaken up.
- Let the kids to pack their own travel bag entertainment! They love doing it and makes them feel grown up and in charge. Give a few suggestions but leave actual choices to them. Maybe suggest a book, a soft toy, a pen and paper, a secret something and a game. Then secretly slip in some goodies to keep them entertained and surprised along the way!
- With your little ones, collect items throughout your holiday to make a scrapbook or keepsake box when you return. You can include anything from shells to bus tickets to sweet papers. It's a lovely way to remember a great holiday.
- If you're travelling with a buggy make yours stand out. If you're on a busy family flight the chances are they'll be people with the same one as yours. Try tying ribbon around yours to make it stand out (in fact, you can do this for all your luggage!).
- Airplanes can be a bit chilly; most airlines do provide blankets but only a limited supply. If your brood feel the cold, bring an extra jumper or socks if you're in flip-flops!
- Remember to check that your hotel or apartment has a cot.





Surviving Long Haul Flights

Some people would argue that taking a young child on a long haul flight is either very brave or very stupid. However, we believe travelling and seeing new cultures is one of the best experiences for kids. So here are our top tips to help take the pain out of long haul flights.

- Take as many toys and distractions as you can fit in a Trunki! Boredom is often the cause of travelling tantrums. However, do avoid games with small parts that could get lost, or toys that make a lot of noise. Also, try hiding some items and only bring them out when spirits start to lower. The surprise element should soon cheer them up!
- Fresh activity or sticker books often have more appeal than old worn games and toys they've played with 100's of times before.
- Most airlines let under 2's travel for free, but when booking, seriously consider how long you're willing to have a child on your lap for. It makes, eating, reading or even watching a film very tricky.
- Take along some toothpaste, a toothbrush, baby wipes and a change of clothes for all, just in case anyone is ill. Also you'll feel more positive if you feel clean!
- Before booking find out just how child friendly your airline is. What entertainment do they provide, do they have an in-flight activity scheme for children of different ages, do they have children's TV channels and games, do they provide children's meals etc.
- Make sure you and your child are as comfortable as possible. Many mums recommend putting their little ones into pyjamas to make it feel more like bedtime.





Family Check List

Here are a few of those obvious essentials that it can be only too easy to forget! It's always a good idea to do a last minute check - you'll regret it later if you don't!

- ☐ Passports - All children under 16 require their own passport - this includes newborns. For more information visit www.ukpa.gov.uk
- ☐ Tickets or order confirmation if it's an e-ticket.
- ☐ Money, travellers cheques and a debit/credit card
- ☐ High factor sun lotion - preferably waterproof.
- ☐ Baby wipes – they clean everything!
- ☐ Boiled sweets/lollipops – to avoid sore little ears on take off and landing.
- ☐ Healthy snacks
- ☐ Favourite toy/blanket/cushion – It rarely leaves their side but just check it's to hand!
- ☐ First Aid kit - Including Calpol! Unusual food can often unsettle little tummies.
- ☐ Insect repellent -Speak to your local chemist about getting one that is specifically for young children.
- ☐ Aftersun lotion
- ☐ ID bracelets with an emergency contact number for little explorers.
- ☐ Camera!



Expert Advice



Debbie Dubrow is a mum who has been travelling with her two children ever since they were born. This is what she has to say about being a globetrotting family:

"I'm always surprised to hear from parents who want to wait until their kids are old enough to "get something out of travel" before they leave home. While a small child certainly isn't soaking in the history of ancient Rome or the details of the industrial revolution, every opportunity to be in a new environment brings with it the chance to experience new things that they would not have access to at home. Sometimes the differences can seem small, like the opportunity to see new kinds of birds or animals, visit an interesting science museum or eat new foods. At other times they might be bigger, like the chance to play with children who speak a different language and whose homes and daily lives are markedly different than our own. Regardless of the specifics, we find that by getting out of our daily routine we find new ways to connect as a family and new interests that start to creep into our daily lives once we return home."

Fawzia Rasheed de Francisco is the author of *The Rough Guide to Travel with Babies and Young Children*. She has travelled the world with her two boys in tow and this is why she thinks travelling with children is so worthwhile:

"Taking time out can help parents to absorb some of their children's ability to play, making for some memorable moments together. Children, of course are naturally amenable. As the novelist and travel writer Pico Iyer said: "Every child is a born adventurer, and every traveller a born-again child." Soon, everyone winds and begins to enjoy themselves: toes are wiggled in streams, milkshakes hammocks and dreams are shared."

See the following page for Fawzia's Top Tips!





Here are Fawzia's Top 5 Tips

- **Accommodation:** With young children, you'll spend more time at base than you would otherwise – so make it a treat.
- **Clothes:** Children need very little. And yet simple things, like choosing fabrics that are not just easy to wash but quick to dry, helps.
- **Luggage:** If you've heaps to carry consider luggage delivery firms. Or with a little online shopping, you might also be able to get what you need delivered to wherever you plan to stay.
- **Entertainment:** Be wary of taking favourites such as teddies – imagine the tears if they get lost. Try 'losing' them before you go and aim for a happy reunion on return!
- **Once you're there:** Do what you most want to first - with children, the best laid plans can go to pot. This way, if it doesn't work out at the first try, you'll always have a second shot.



Travel Games



Travel games can help to make your journey seem so much quicker. The longer you can distract and entertain your child with these, the longer you can avoid the constant "Are we nearly there yet?"

Firstly, make sure you've registered your Trunki passport online. Once registered you'll have access to lots of free fun downloads to go in your Trunki passport.

If you haven't got a Trunki passport you don't have to miss out. We've designed some fun downloads for everyone to enjoy. Visit the fun page of our website to find out more.

Who Am I?

Each person in the car takes it in turn to pick a famous person or character (picking a theme is a good starting point, i.e. Disney characters) Once the first person has chosen who they are, the other people in the car take it turns to ask them questions which they can only answer with a yes or no. The first person to correctly guess who they are wins.

Number Plate Alphabet

This works best on motorways as there are usually lots of cars. Go through the alphabet looking for number plates containing each letter. The catch is that you have to do it in alphabetical order, it's no good spotting a 'B' before you've found an 'A'!

One Word Tales

Each person takes it in turn to tell a story, but only saying one word at a time.

Car Bingo

Each person in the car picks a colour (red is often a favourite in this game!) the first person to spot 10 cars in their chosen colour is the winner!

When Terrance Went on Holiday...

It's the classic packing memory game with a Trunki twist! The game begins with the first player saying "when Terrance went on holiday, he packed..." and adding an item. The following player adds another item and so on i.e "When Terrance went on holiday he packed, wellies, swimming trunks, goggles..."



Travelling Responsibly



The Travel Foundation is a UK charity that cares for the people and places you visit. Protecting the natural environment, traditions and culture – the things that make your holiday special – and helping people living in destinations benefit from your visit. All of which can give you an even better holiday experience... as well as helping to ensure there are great places for us all to visit, for generations to come! To find out much more, visit www.thetravelfoundation.org.uk

Before You Go

It's always worth doing some background reading on the people and places you'll be visiting. Your welcome will be warmer if you take an interest and speak even a few simple phrases in the local language.

Remove any packaging from clothing, toiletries etc before you pack and recycle if possible. Why not think about compensating for the environmental impact of your flight? Ask your tour operator if they are part of any 'carbon-offset' scheme or see www.reducemyfootprint.travel for details.

On Your Holiday

Respect local culture and traditions. Make sure that your dress and behaviour is appropriate for the places you visit. If you are unsure, talk to local people or ask your travel representative.

Be open to different ways of thinking, living, eating and working. It's all part of the holiday experience.

Please don't have your photograph taken with any 'wild' animals (such as lion and tiger cubs, monkeys, bears snakes and exotic birds). These animals are taken from the wild when they are very young, often mistreated and disposed of when they get too large or difficult to handle.

Coral is extremely fragile and takes decades to grow. Don't step on or remove any coral when swimming or diving and avoid kicking up sand as it can suffocate and kill coral polyps.

Adapt to your surroundings - Displaying expensive jewellery or cameras, particularly in very poor communities, may distance you from the culture you've come to experience. It can also make you a target so be discreet.

Minimise waste by reusing plastic bags, bringing your own water filter bottle or purifier and taking your used batteries home with you.



Travelling Responsibly



Exploring the Area

Guidebooks are a great starting point, but get 'insider' knowledge by talking to local people, explore places away from the main tourist sites and create your own adventure.

Booking excursions using local suppliers or local guides and taxis will enrich your holiday experience and help support the local economy.

Remember to ask permission before taking photographs of people, their homes or places of worship. And don't be offended if they decline or expect to be paid for the privilege.

Fire is a serious hazard. Be extremely careful with cigarettes and matches and take your cigarette stubs with you.

Please don't pick flowers and plants. Leave them for others to enjoy.

Before taking part in a 'swim with dolphin' experience, please be aware that there can be risks to both dolphins and people, including dolphins being injured by swimmers' jewellery, or suffering infections caused by sun tan lotion.

Please don't support dancing bear performances, if travelling in Eastern Europe, northern Greece or India. Such bears are taken from the wild and are treated very cruelly.

Shopping

Buying locally made souvenirs, shopping in locally owned outlets and treating yourself to local food and drink are great ways to get in to the holiday spirit and also benefit the local people.

Always bargain with humour and bear in mind that a small cash saving to you could be a significant amount of money to the seller.

Please don't buy products made from endangered plants or wild animals, including hardwoods, corals, shells, starfish, cacti, orchids, ivory, fur, feathers, skins, teeth, reptiles and turtles. For more information on endangered species and the WWF-UK Souvenir Alert Campaign for tourists and to find out how to report a concern, visit www.wwf-uk.org.

At Your Accommodation

Always think of the environment, even when you're not paying the bills! Turn down/off heating or air conditioning when not required. Switch off lights when leaving a room and turn the TV off rather than leaving it on standby.

Use water sparingly. Take short showers instead of baths and tell staff if you are happy to re-use towels and bed linen rather than having them replaced daily.

When You Return

Remember to recycle your holiday brochures and guidebooks when you've finished with them, or pass them to a friend.

