

TRAVEL TIPS: ZERO TO TWO



There will always be naysayers when it comes to traveling with very young children. You're likely to hear comments such as, "They won't remember it," or "It's too much work." But are memories the only justification for travel? And how much work is too much? Yes, at this age, children need near-constant care, and yes, the planning and in-transit phases may be more complicated, but seeing a child's enjoyment in experiencing new things for the first time—even though they might not remember it—cancels out any need to justify traveling with them. As with any trip, it's the little moments that matter.



Bringing two bags into the cabin—a smaller one you can take with you to the bathroom and a bigger one from which to restock it—can make all the difference.

On booking, ask what your airline offers in the way of bassinets for children under two—amenities differ between airlines. When it comes to check-in, make sure you're all sitting together, either at the front of the seating sections for the extra room, or near a window so you can lean into it with your child.

You'll also want to disinfect everything with a sanitary wipe as soon as you sit down.

Checklist (On the Plane)

- ◆ Passport (if traveling internationally)
- ◆ Travel insurance
- ◆ Breast milk or formula (in Europe and the United States, the standard 100-milliliter policy does not apply to reasonable quantities of such liquids)
- ◆ Baby food (no, you will most likely not be able to feed your baby from the airplane's, or even airport, food options. But don't hesitate to ask the cabin crew for help to warm it up, use cutlery, etc.)
- ◆ Diapers (roughly one per hour of flight time, and allow for delays)
- ◆ Diaper cream
- ◆ Changing pad
- ◆ Baby wipes
- ◆ Sanitary wipes (to clean your seating area)
- ◆ Plastic bags (to dispose of the trash you will be generating, collect things quickly, or carry whatever you might buy along the way)
- ◆ Prescription medications, and baby acetaminophen or ibuprofen (if suitable for age)
- ◆ Digital thermometer
- ◆ Snacks
- ◆ Blankets (for use while breastfeeding, wrapping babies, and covering the floor of an improvised play area)
- ◆ Changes of clothes (for both parents and children)
- ◆ Several toys (if your child is old enough, wrap them up cleverly in advance so unwrapping them can become a game in itself)
- ◆ A tablet and headphones (depending on the age of the child)

Choosing a Destination

Exploring within your own borders or continent is a simple and cost-effective option for a trip with children aged zero to two. Aim for a relatively stress-free jaunt, or even a multi-stop road trip that can be undertaken at any pace.

Picturesque and peaceful destinations such as beaches, mountain ranges, or heritage towns are good options—locations where both children and parents can get a good amount of rest on their own schedule. If traveling in summer, ensure your destination won't be excessively hot, as heat-related sicknesses can be a concern for young children.

How to Get There

Long-haul flights can be tricky with children in this age group, but with the right preparation, they are manageable.