

PACKING FOR FAMILY TRAVEL

Tracy Morris shares some helpful tips and tricks on travelling with kids, packing for the family and keeping weight down



Conquering Mt Tomarree with Ziggy in our MacPack carrier, it was totally worth it for that view!

Packing for a family trip with little ones can seem a little daunting as you are probably used to all the mod-cons and luxuries that come with your house. It is actually quite surprising and refreshing when you realise how many 'things' you really don't need for life on the road.

PACK ONLY WHAT YOU NEED

Be conscious of the space and weight restrictions that come with your caravan. We like to pack as little as we can and pop it in a pile, we then look at everything again and make a second cut. If you are thinking of packing something because you 'think you may need it' - it's best to leave it at home. If needed, you can always buy it along the way.

PACK SMART

When it comes to clothes, pack light. You do not need your whole wardrobe, but make sure you are prepared for all weather conditions. Consider your outfit choices and make sure everything can be mixed and matched. For the kids, pack practical play clothes and keep away from light colours as it will show the dirt. Do

your little ones need pyjamas or could they go to bed in a clean set of clothes ready for the next day?

We like to use plastic tubs to pack our travel gear, that way everything is neat and tidy, sealed from dust and creepy crawlies, and best of all, the tub can double as a bath for the kids! We also use light weight micro fibre travel towels which fold down small and are fast drying.



The beach always keeps them entertained for hours!

FOOD

Plan your meals so you know exactly what you will need. Where possible, discard bulky packaging, repack your meat and ingredients into zip lock bags and store them flat. We also store larger items like a bag of chips in the microwave or place the fruit bowl in the oven while we are driving between destinations. When planning meals consider how much space the ingredients will take up and swap larger items for smaller options

eg. flat wrap bread is a good substitute for a loaf of bread. When shopping scan the aisle for item packaging to suit your needs - do you prefer a sturdy can of coconut milk or would a soft tetra pack or popper be better suited?

INVOLVE THE KIDS

We like to involve our little ones in the travel and packing process as much as possible. We ask them to choose a small selection of toys to pack and encourage

them to pick the ones they play with the most. Keep toys to a minimum as Mother Nature will provide the best entertainment for your little ones. Let them collect beach treasures, sticks and stones - all of which make great toys!! You could stack some rocks up into a tower, paint stones to make pet rocks, or even make mud pies!

BABY MUST HAVES

We travel with a fold up pram. This lightweight travel pram is a great addition for our adventures as it allows our little one, Ziggy, to have a sleep while we are out and about and if needed, Marli our four year old can jump on the front to be pushed too! We also take our IKEA high chair; it's lightweight, waterproof and packs down well when you remove the legs. The other option is to pack a baby carrier or backpack which allows you a lot of freedom to explore with bubs on your back. Just make sure you wear it correctly and the harness fits you properly.

CAR TRAVEL

If you are towing a caravan be sure to check that the overall weight is within the towing capacity of your car. Make sure all items are well secured in case of an accident or unsuspected heavy breaking. It is also advised to pack your heaviest items towards the front of your cargo area and avoid putting heavy items on the roof of your car.

Have realistic expectations on how far you can travel in a day with little ones on board. We make sure we have regular stops to break up the longer drives. Being well prepared with a variety of books, stickers and toys will help. A car DVD player or iPad is also a winner. ■



Exploring Mother Nature's playground with some rock towers



Here's nothing more exciting for a kid, than waking up somewhere different everyday

There's nothing better than a blue sky and wide open space!

