

## Traveling With Infants and Children

### Pre-travel Preparation

- Gather necessary documents such as copies of birth certificates, passports, and vaccine records. For children who are on medications, a list of medicines with their *generic* names (medications are often listed under different trade names in different countries) should be prepared.
- Children who have chronic medical conditions, especially those whose medical conditions may be aggravated by stress or unfamiliar activity, should have ready access to a pediatrician or family physician upon arrival to their destination. Parents should look up names, phone numbers and locations of nearby hospitals prior to arriving at their destination.
- Contact your physician and make sure your child's vaccinations are up to date. If your child is older than a year, check to see if s/he has received the Hepatitis A vaccines, especially if you are traveling to a foreign country. You may check out [www.cdc.gov](http://www.cdc.gov) for other possible vaccines and pre-travel medications your child may need for that particular region/country.

### During Plane Ride

- For infants, breastfeeding or pacifier/bottle use during take-off and landing will equalize the pressure in the ears and should prevent or decrease any discomfort.
- For older children, chewing sugar-free gum or drinking will achieve the same effect as above.
- Bring toys, books, or other electronic devices to entertain your children especially if it is a long flight.
- Bring along snacks for older children and formula for formula-fed infants for the plane ride. Remember to bring extra snacks and formula in case of flight delays.
- It is not recommended to give Benadryl to sedate your child for the plane ride as side effects include agitation and paradoxical excitement.
- Review use of safety seats and infant carriers in airplane seats. The Federal Aviation Administration (FAA) and the AAP recommend that when flying, children should be securely fastened in certified child restraints until 4 years of age, and then should be secured with the airplane seat belts.

### Insect Precautions

- Have children wear as much protective clothing as possible.
- Use mosquito netting over beds, infant carriers, and strollers.
- Insect repellants with DEET (up to 30% concentration) are safe for children 2 months and older if applied correctly. They should be applied only to exposed skin and not under clothing.
- Individual products are preferred over combination sun block and insect repellant products as sun block should be reapplied throughout the day and insect repellant should only be applied once a day.
- Children should always be bathed at the end of the day after application of insect repellant.

### Sun Precautions

- Keep infants under 6 months of age in the shade as much as possible. If your baby has to be out in direct sunlight, it is best to dress the baby in lightweight long pants and long-sleeved shirts and brimmed hats to prevent sunburn.
- For children older than 6 months, generously apply sunscreen with an SPF 30 or greater. For children younger than 6 months but older than 2 months, sunscreen with an SPF 30 or greater may be used but sparingly on the face and exposed skin. Products that contain a physical sun block (look for zinc oxide or titanium dioxide) are preferred over products with a chemical sun block.

Products that do not sting the eyes or cause tearing may be more comfortable for young children. Also look for products that have both UVA and UVB protection.

- Use sunglasses and hats for extra protection.

#### Recommended Items For a Travel Kit:

- First Aid kit (may include elastic bandages, alcohol pads, triple antibiotic ointment, sterile gauze, surgical tape, ace wrap, tweezers, small scissors, sterile water)
- Acetaminophen and Ibuprofen (commonly known as Tylenol and Motrin/Advil)
- Diphenhydramine (commonly known as Benadryl) and other antihistamines such as Claritin or Zyrtec
- Dosing charts for Acetaminophen, Ibuprofen and Benadryl (all accessible on our website)
- Throat lozenges
- Saline nose spray or rinse
- Oral rehydration drinks or salts in powder form
- Water purification tablets (for foreign travel)
- Children's Pepto chewable tablets (active ingredient = 400 mg Calcium Carbonate) or Tums can be used for an upset stomach.
- Insect Repellent
- Hydrocortisone 1% cream and other anti-itch cream such as calamine
- Antifungal cream
- Sun block
- Aloe Vera Gel for sunburns
- Thermometer
- Wet Wipes and/or hand sanitizer gel
- Mini packets of facial tissue, toilet paper and paper towels
- Flashlight and batteries
- Sealable sandwich bags and large plastic trash bags
- Safety Pins
- Mini sewing kit
- Nail clipper and file
- Non-perishable snacks

For more information, check out [www.cdc.gov](http://www.cdc.gov), [www.aap.org](http://www.aap.org) or [www.healthychildren.org](http://www.healthychildren.org)