



A FREE LAYNA'S GRACE PRINTABLE

The Toddler Travel Kit

*Everything you need to get there and back
with your sanity (mostly) intact.*

FROM AN ER NURSE WHO IS ALSO JUST A TIRED MOM.



The Countdown

What to do,
three weeks out
to the driveway



The Carry-On

The flight bag,
the activity bag,
the TSA rules



On the Road

The road-trip bin,
the stops,
the snack rule



Just in Case

Your fill-in travel
medical and
emergency card



The Good-Day Rhythm

A daily plan and the
3-question meltdown
reset

THOUGHTFULLY CREATED
FOR MOMS LIKE YOU



Printer friendly
US Letter size



Real-life tested
by an ER nurse
and mom



Instant download
Use it again
and again



Peace of mind
so you can enjoy
the journey



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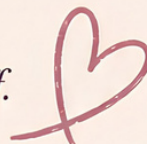


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PLAN IT WITHOUT THE PANIC

The Countdown

*The trip is won before you pack a bag.
Work backward from your date and check these off.*



2 TO 3 WEEKS OUT

- ☐ Confirm flights, lodging, and rental car
- ☐ Check passports and IDs are valid
- ☐ See the pediatrician if traveling abroad
- ☐ Reserve baby gear at your destination
- ☐ Start shifting sleep for time zones



1 WEEK OUT

- ☐ Refill prescriptions, pack a backup
- ☐ Download shows, music, offline games
- ☐ Plan snacks and a few safe foods
- ☐ Lay out the gear, see what is missing
- ☐ Fill in the Just-in-Case card



THE NIGHT BEFORE

- ☐ Pack both bags, snacks portioned
- ☐ Freeze the ice packs
- ☐ Charge every device, pack chargers
- ☐ Lay out tomorrow's outfits
- ☐ Check the car seat install



DAY OF

- ☐ Feed and change before you leave
- ☐ Keys, phone, wallet, and the card
- ☐ Snacks within arm's reach
- ☐ One slow breath before you start the car



We leave on _____
Destination _____



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FLYING WITH A TODDLER

The Carry-On

*The bag that gets you from the curb to the gate.
Pack it the night before.*



IN THE CARRY-ON

- ☐ Diapers or pull-ups
- ☐ A full pack of wipes
- ☐ A change of clothes for them
- ☐ A backup shirt for you
- ☐ Way too many single-serve snacks
- ☐ Water, milk, or formula
- ☐ Comfort item: lovey or paci
- ☐ The activity bag
- ☐ Tablet, charged, plus charger
- ☐ Kid headphones
- ☐ Small first-aid pouch and meds
- ☐ Empty water bottle for past security



THE ACTIVITY BAG

- ☐ A few brand-new little toys
- ☐ Sticker books, crayons, paper
- ☐ One beloved toy from home
- ☐ Lollipops or pouches for descent



TSA QUICK REMINDERS

- ☐ Milk, formula, pouches allowed over 3.4 oz
- ☐ Tell the officer, screen separately
- ☐ Gate-check the stroller, it is free
- ☐ A drink for takeoff and landing



The one thing I cannot forget on this trip is





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ROAD TRIP WITH A TODDLER

On the Road

*In the car, you're in control.
Here's the bin that keeps everyone human until the driveway.*



*Snacks save
road trips.* ♥



IN THE CAR



- ☐ Soft snacks for the moving car
- ☐ Hard snacks for stops only: grapes, nuts, carrot
- ☐ Cooler bag with ice packs
- ☐ Spill-proof water cups
- ☐ Wipes and a roll of paper towels
- ☐ A trash bag for the back seat
- ☐ Activity bin, one toy at a time
- ☐ Blanket and a window sunshade
- ☐ Sound machine or the home playlist
- ☐ Backseat organizer with tablet holder



EVERY 2 HOURS, STOP



- ☐ Get them out and moving
- ☐ Potty or fresh diaper
- ☐ Refill water, snack sitting still
- ☐ Stretch your own back too



THE NURSE'S TRAVEL KIT



- ☐ Pain and fever reducer, dosed by weight
- ☐ Thermometer
- ☐ Bandages and antibiotic ointment
- ☐ Saline drops and nasal aspirator
- ☐ Any prescription, plus a backup



Before we pull out of the driveway, I'll double-check



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PACING THAT ACTUALLY WORKS

The Good-Day *Rhythm*

One big thing a day, and protect the nap.



PLAN TOMORROW



Morning

(the one big activity)

Midday

(lunch, then nap)

Afternoon

(low-key, downtime)

Evening

(dinner, wind-down, bed)

MELTDOWN? RUN THE 3-QUESTION RESET



Hungry?



Offer a snack and water first.
Start here. It is often this.



Overtired?



Find the nap. Quiet, dark,
sound machine, the lovey.



Overstimulated?



Step away from the noise.
Less input, not more.



The win I want to remember from today is



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FROM ONE NURSE MOM TO YOU

Just in Case

Fill this in and keep it in the diaper bag.



MY CHILD

Full name _____

Date of birth _____

Current weight (for dosing) _____

Blood type, if known _____

Allergies _____

Current medications and conditions _____

Acetaminophen dose, per pediatrician _____

Ibuprofen dose, per pediatrician _____



WHO TO CALL

Pediatrician and phone _____

Insurance and member ID _____

Emergency contact 1 _____

Emergency contact 2 _____



WHERE WE ARE

Where we're staying (address) _____

Nearest ER or urgent care _____

Pharmacy nearby _____

Get your child's exact doses from your pediatrician before you travel.

This card is a helpful tool, not medical advice. In an emergency, call your local emergency number first.



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