



TRAVEL TIPS

Tips To Help Keep Family Travel Stress-Free

by *Marybeth Bond*

(NAPSA)—A family vacation can be fun—and a lot less stressful—if you keep a few quick and easy tips in mind.

To avoid unexpected travel mishaps:

- Plan ahead when traveling with children to keep them entertained. Pack a bag filled with crayons, colored markers, notebook paper and toys. Wrap kids' magazines and books up as presents and bring them out as soon as your kids put on their seat belts.

- Carry emergency rations for a long trip. Kids get hungry often, especially when they're bored. Tuck an apple, crackers, a granola bar, a bottle of water, and two aspirins in your bag.

- Be prepared for the unexpected. Food spills can happen on your clothes anytime and anywhere—in the backseat of a car, on the plane or at Grandma's house during a holiday meal.

Pack an instant stain remover such as Tide to Go Instant Stain Remover in your bag to keep yourself and your family looking clean and fresh.

- When traveling by plane, get your seat assignments when you make your reservations and confirm them a week before your departure to make sure you'll be sitting with your kids. Occasionally, airlines switch planes and seating configurations can change or be canceled.

- Leave for the airport early. On peak travel days it can often take an extra 30 minutes just to approach the terminal. It won't



Marybeth Bond, a travel expert and author, recommends packing an instant stain remover to deal with on-the-go stains.

matter if you are in a bus, car or taxi; you'll need extra time just to get in the door. Lines at the security check may also be very long and move slowly. Pack your patience.

- Avoid layovers whenever possible. If you do transfer planes, be realistic and allow time for unexpected delays. Trying to make a 20-minute flight connection with kids is asking for chaos—an emergency potty stop could make you miss a connection.

- Underplan your days and move at a leisurely pace so you and your family can enjoy the holidays without feeling constantly rushed. Plan quiet time or naps for the children.

Marybeth Bond is a National Geographic author and writer of "Gutsy Mamas" and "50 Best Girlfriend Getaways in North America."

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