

25 Family Travel Hacks EVERY MOM SHOULD KNOW

Real mom-tested tips that make family travel easier, happier & way less stressful!

1 BOOK DIRECT



Book flights & hotels directly for better customer service if anything goes wrong.

2 SCREENSHOT EVERYTHING



Confirmations, tickets, reservations—save them all in one photo album.

3 PACK A BACKUP OUTFIT



For every family member in your carry-on. Trust me, you'll use it.

4 BRING MORE SNACKS THAN YOU THINK



Hanger meltdowns are real. Snacks are cheaper than sanity.

5 TRAVEL WITH A PORTABLE WHITE NOISE MACHINE



Hotel rooms, flights, new places—this is a game changer for sleep.

6 USE PACKING CUBES



One for each person or category. It keeps luggage organized (and your sanity, too).

7 MAKE A MASTER PACKING LIST



Keep it on your phone and update it after every trip. Future you will thank you!

8 ARRIVE EARLY



Get to the airport early, to your gate early, to your dinner early. No one regrets it.

9 BRING A STROLLER FAN



For hot days, long waits & sleepy kids. Total lifesaver.

10 TAPE A ZIPLOC BAG IN YOUR SUITCASE



For dirty clothes, wet swimsuits or random spills.

11 DOWNLOAD SHOWS & MOVIES



Do it before you leave. Hotel Wi-Fi isn't always reliable.

12 BRING A CARABINER



Clip it to your stroller for bags, hats, blankets and more.

13 USE HEADPHONES FOR KIDS



Keeps the peace on planes, in cars and in busy places.

14 PACK A SMALL FIRST AID KIT



Band-aids, meds, wipes, bug spray—don't count on finding it there.

15 GATE CHECK YOUR GEAR



Most airlines gate check for free. Take advantage of it!

16 BRING A REUSABLE WATER BOTTLE



Hydration is key and it saves you money.

17 KEEP KIDS ENTERTAINED



New small toys, coloring books, stickers—novelty keeps them busy.

18 SPLIT UP LONG TRAVEL DAYS



Break up the drive or flights if you can. Overnights can be so worth it.

19 PACK LIGHTER THAN YOU THINK



You'll always buy things + less stuff = less to lug around.

20 BRING A NIGHT LIGHT



Perfect for new places and unfamiliar rooms.

21 SAVE YOUR HOTEL KEY ON YOUR PHONE



Some hotels have mobile check-in & digital keys.

22 BRING CASH



For tolls, tips, small shops & places that don't take cards.

23 CARRY-ON A CHANGE OF CLOTHES FOR YOU



Not just the kids! Accidents happen to moms too.

24 TAKE PHOTOS, NOT JUST THINGS



The best souvenirs are the memories.

25 LOWER YOUR EXPECTATIONS & GO WITH THE FLOW



The best trips aren't perfect—they're full of memories.



You don't need to be perfect to be a great travel mom.

YOU JUST NEED A FEW GOOD HACKS & A SENSE OF ADVENTURE!

BONUS TIP:

Plan ahead, pack smart, stay flexible & make memories together!

