

# Adventure Nannies

A PREMIER NANNY SERVICE

My happiest revelation with family travel is that truly, truly, less is more. I promise, the kids don't need to bring all of their favorite toys, wear something different every day, or sleep in fresh pajamas every night. We spend so much more energy than we need to lugging around all of this stuff, sweating over what to wear, and imagining our kids will be happier if we had just remembered that one stuffy we left at home.

As important as it is to be comfortable while traveling, it can be done by bringing **way less** than our instincts tell us. You will be happier, the kids will be happier, and you will have time and energy to do more and see more.

They cherry on top, you and the kids will come home with a greater appreciation for everything you have.

**Here is my guide to bringing just what you need for nearly every trip.**

## **CLOTHING:**

Think about *fabrics* when packing. Try to bring more items that compress well, don't wrinkle easily, and dry quickly. **\*\*Note-** cotton is VERY SLOW to dry. Try bringing cotton blends instead, or look for items made of Modal, Bamboo, linen blends, thin wool, cashmere, silk, polyester, etc.

**The biggest space offenders** are jeans, sweaters, and jackets. Limit the number of jeans to one or two, and try bringing down or down alternative jackets that stuff into tiny sacks!

**No matter how long your trip is you don't need more than a week's worth of clothes.**

**A quick note on jeans-**

*“Levi's CEO Chip Bergh says you should keep your jeans out of the washing machine. The executive claims that eschewing the washing machine keeps your jeans in mint condition and is better for the environment.”*

Once you've narrowed down your options to just the quick-drying, compressible pieces, **here is a guide for filling everyone's suitcase.**

Bring casual, climate appropriate, versatile outfits, up to 4 per person (no matter how long the trip is!) In general, try to make sure each outfit looks nice, is high quality, and can pass in upscale restaurants and casual beaches. Think solid, neutral colors, collared shirts, nice looking bottoms, and simple, beautiful dresses for the ladies.

**Don't worry so much about losing things- the less you bring, the less you'll lose.**

**Jacket** – go for the compressible ones that fit into their own pocket! I love my jackets from GoLight. Warm and dark in color is the best for layering and dressing up or down. If you'll be traveling in a cold climate, don't forget a hat, gloves and Scarves for everyone.

**Sweater** – Wool and Casmir are my favorite fabrics for these. They are light, don't wrinkle easily, and can be washed in the hotel sink and will dry overnight.

**Underwear / delicates** – here's where I go crazy. I pack at least one pair of undies per day I'll be away. They are tiny, light, take up very little space, and because I rarely wash the rest of my clothes, it feels great to have a fresh pair every day. If you are gone form more than two weeks, bring some powdered detergent and wash them in a sink!

**Socks** – quality and quick drying socks are best. I love SmartWool! Bring five sets (lighter dries quicker). Bamboo or cotton/nylon-blend socks dry faster than 100 percent cotton, which lose their softness when air-dried.

**Shoes** (athletic, sandal/boot, casual) bring one pair of comfortable running or walking shoes with good traction. For a second pair, **consider the season-** Sandals in summer and boots in the fall/winter. Flip-flops are always good to pack if you'll be using public showers at the pool. Again, make sure these are simple and versatile so they can be worn in any situation.

**Pajamas** – 1 or 2 sets max. t-shirts or yoga clothes work fine as pj's too!

**Swimwear** – one each! Its so easy to rinse and dry between wears, and not THAT bad if they're still damp the next day. It's a small inconvenience compared to lugging around more than you need!

**I always pack a compression sack for dirty clothes. It keeps them separate, and makes room for more as you collect treasures along the way. The Eagle Creek Pack-it Compression Set is excellent for organization and making the most of your suitcase.**

### **TOILETRIES – my favorite travel products**

- Comb / Brush
- Deodorant (when traveling, I love KIEHL'S Superbly Efficient Anti-Perspirant and Deodorant. It will ensure all of your tops dry and smelling nice.
- Shampoo / Conditioner / Hairstyling products I love LUSH products because they come in solids that are easy to pack. One MUST for me is dry shampoo. The dirtier your hair gets, the better it looks and smells with dry shampoo.
- Face wash / Makeup -always look for products that come in small jars with lids. These are much less likely to explode in your suitcase, or have issues with the pressure of air travel.
- Hand sanitizer
- Toothbrush / Toothpaste / Floss
- Razor
- Shaving cream / Lotion (lotion works as a great shaving cream to help pair down)
- Glasses / Contact lens supplies
- Personal hygiene supplies and diapers
- Sunscreen / bug spray – (these are fun to purchase abroad)
- Nail clippers

### **MEDICATION**

- Advil / Pain reliever
- Cold medicine
- Prescriptions

## **ESSENTIALS**

- Credit / Debit cards / Cash (I love the little silk bags that attach to bra's for caring these!) you can get them from Eagle Creek
- First aid kit (travel size)
- Cameras, Phone, Laptop, Chargers, International converter (I love mophi charger cases for iphone!)
- Everyday bag (for carrying day items- a small, simple backpack works best.
- Sunglasses

## **DOCUMENTS**

- I download the Scanner Pro app and email scans of each document to myself (just in case.)
- Tickets (airplane, train, etc) – Its good to have the hard copy
- Passport
- Identification (Drivers License, etc)
- Travel journal
- Lightweight book or kindle to read

## **ENTERTAINMENT**

Get creative! A simple deck of playing cards can entertain for hours. Or, download our travel games for more ideas! This is the section you can really cut back on. Its OK not to bring the entire play room!