



Travel Tips

Packing Advice

One or two weeks before the trip, make a list of what will be needed for the trip. Gather and store these items in grocery bags or boxes.

Give all family members their own toothbrush case, which contains, toothbrush, comb, shampoo and soap.

Get family members involved in the packing process by packing and checking off items that they packed. (4 pairs socks, jacket, shoes etc.)

Allow each child to bring a small bag of toys, a stuffed animal or anything that makes them feel comfortable on the trip.

Print out a list of games that you and the children can play.

Travellers Items

Band-Aids
Adult/Children's Panadol
Inhaler
Other medication
Ear plugs
Sunblock
Antiseptic
First Aid Kit
TravelJohn
(disposable urinals)
Insect repellent

Light jumper for car travel
Umbrella
Portable CD player plus CD's
Camera-extra film/batteries
Doctor's phone number
Recent photo of the children
in wallet
Photo ID
Airline tickets
Travel reservations
Other tickets
ABC Bookshop-
Audio tapes/Videos (novels)

Plastic zip lock bag
(for storing items)
Small plug-in nightlight
Sunscreen
Small tissue packs
Sunglasses
Reading glasses
Hats
Car blanket
Pillow
Baby wipes
Ipods

Kids Corner

Crayons
Games
Paper
Biro's
Highlighter pen
(for find-a-word)
Coloured pencils
Book
Diary
(to record the trip)
Deck of cards
Magnetic card games

Drinks

Bottles of drinking water
Juice boxes
Plastic garbage bags
(for dirty washing or wet items)
Paper towel (quick clean ups)
Plastic grocery bags for rubbish

Snacks

Fruit bars
Cracker biscuits
Individual cereal -
boxes
Flavoured -
Rice Cakes
Jelly/fruit cups
Lifesavers/Tick-Tacks
Muddy Buddies

Muddy Buddies Recipe

Servings: 9 cups

Prep. Time: 10

Total Time: 10

Ingredients:

9 cups Crispix cereals
1 cup chocolate chips
1/2 cup peanut butter
1/4 cup margarine
1 tsp. vanilla extract
1-1/2 cups icing sugar

Directions:

1. Pour cereals into large bowl; set aside.
 2. In a microwave-safe bowl combine semi-sweet chocolate chips, peanut butter, and margarine. Microwave on HIGH 1 to 1-1/2 minutes or until smooth, stirring after 1 minute. Stir in vanilla.
 3. Pour chocolate mixture over cereals, stirring until all pieces are evenly coated.
- Pour cereal mixture into a large resealable plastic bag with powdered sugar.
- Seal securely and shake until all pieces are well coated. Spread on waxed paper to cool.