

Travelling/holidays with multiples

The below comments are taken from Club members suggestions following a request for newsletter content during Spring 2013 (still relevant).

Take two single buggies rather than one double – the children love having a parent ‘each’ and it’s much easier to manoeuvre around airports, and once you’re at your destination it’s easier to cope with going out. If one falls asleep in the evening it doesn’t disturb their twin – excellent!

Take as little hand luggage as possible – if you don’t get your buggy back until luggage reclaim you may find yourself having to carry sleeping twins into the terminal... If you can ‘baby wear’ with slings or carriers it can save a great deal of arm ache. If your children are old enough to carry a backpack, let them! Fill it with their own entertainment – books, toys etc, as well as spare pants, leggings/joggers and a top.

Make sure you have a change of clothes for everyone – turbulence can make small children sick, plus nappies can leak!!

Take 2 swimming costumes / pairs of swimming shorts each – so much easier getting into a dry costume!

If you can find out about prices in your destination resort first, it can help dramatically with packing – you may find swim nappies are extortionate at your destination, but that baby wipes are really cheap so you can buy them over!

Swim nappies can be rinsed out and reused if they are poo-free.

Clothing essentials include some long sleeved thin tops and trousers for easy cover up against sun when sun cream is too hard and a few hat options is worthwhile. The SPF outfits with the sun hats with neck flap are good to little ones and they look both cute and funny in them. Often cooler in evening than you expect, so take a few easy zip ups (also good on windy beaches). Lastly just take plenty of clothes so that you do not have to wash anything - sun cream, sand and enthusiastic eating will definitely see you through a few outfits!

Entertainment for the journey – for the plane, sticker books are a must! Favourite magazines are popular, or a DVD player also works well. Include little snacks that take a while to eat: raisin boxes, crisps, mini biscuits etc. Avoid chocolate if you can – bits will inevitably get dropped, melt, and leave you covered. A pot of dry cheerios or similar cereal can be useful for take-off and landing – swallowing helps little ones ears equalise as the pressure changes. If you have a baby, try giving them a bottle of milk or water to suck on during take-off and landing. Crayon sets and pads, light weight story books, mega block travel packs, fuzzy felts, mini book sets (Peppa Pig, Hello Kitty, Night Garden etc). If you have a tablet (iPad or similar), as well as downloaded cbeebies programmes from iPlayer, there are some great apps that you can download – for drawing, playing with shapes and other age appropriate games. Party bag fillers are always a big hit – inexpensive, and doesn’t matter if they get lost or broken. Cards are great – such as animal snap (older children can play snap, younger ones can simply name the animals)

When away, all you need are some DVDs, favourite books, sticker books, colouring books and a couple of favourite toys. It often helps to buy a few new toys for novelty factor. It's great to take toys that don't take much space up such as Aqua Mats, or little packs of crayons with attached colouring pads and stickers. You don't need much as they will spend their days playing by pool with cheap buckets, spades and inflatables!

Adults may find it easier to not drink too much liquid while travelling to avoid needing the loo much – it's bound to happen just as a small child falls asleep on your lap!

Get to the airport with plenty of spare time so the children can run around before being cooped up on the plane.

Ensure you take your own medicines – Calpol, infant ibuprofen, Piriton allergy medicine and Dioralite are all invaluable!

Well timed sleep is also definitely worth planning.

Do think about the accommodation when booking – especially with tiled floors and little ones running in and out (potentially wet!).

If they usually fall asleep to music, record it or download it onto your phone.