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# HOW TO TEACH YOUR CHILDREN TO PACK THEIR BACKPACKS FOR TRAVEL? AN EASY GUIDE



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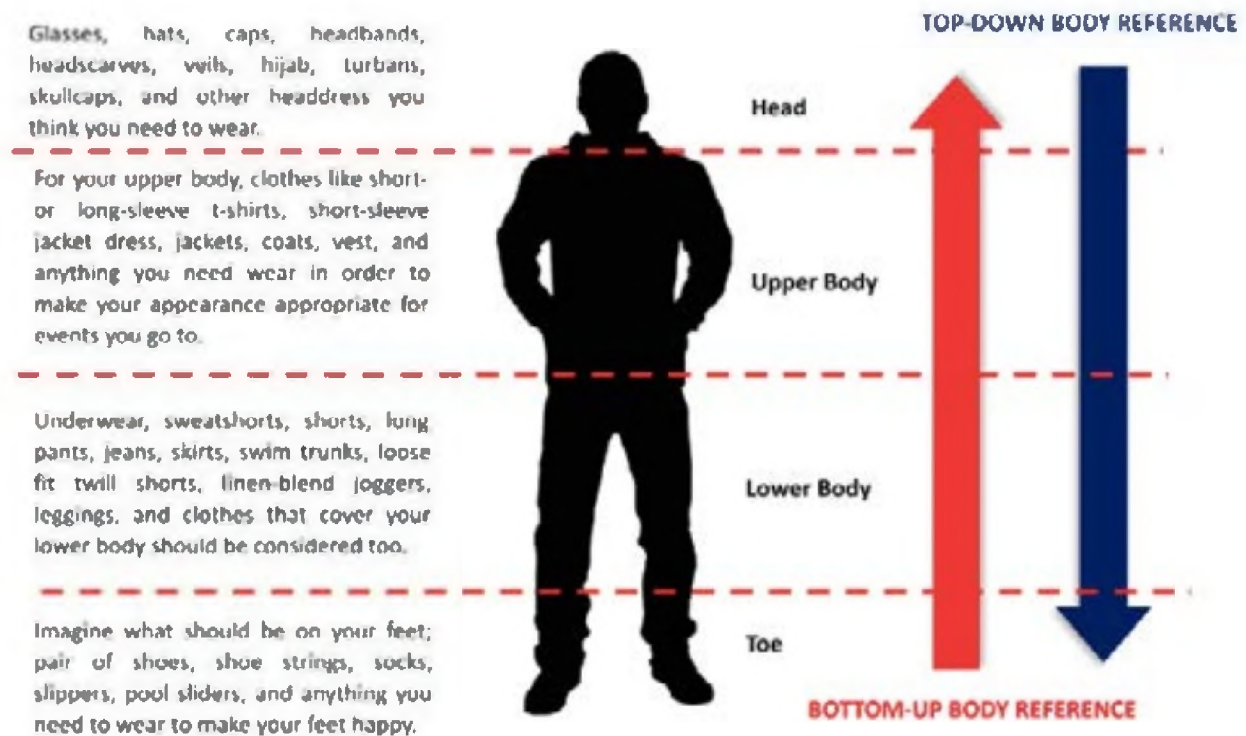
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***Before travelling, whether domestic or foreign, we need to do some preparation. One of the aspects that needs to be prepared is what should be stuffed into our backpacks. Well! It's a challenge.***

Having children travelling with you may pose some other challenges. For parents who need to pack their children's luggage, it would be tiring if they do it all alone. Asking for your children's helping hand would be great; however, you need to pay attention to what's being packed by your children. This is because some important stuffs may be overlooked or left unnoticed by your children. Say, if they're about to take part in sports or other events that require them to cover or protect their feet, forgetting to bring along sports shoes and pairs of socks would spell a disaster, which wouldn't be an option.

Hence, to avoid missing or neglecting important items that can spoil your holidays, and the children's too, you need to educate them to use either a top-down or bottom-up reference using parts of their body envisioning what they should wear. Basically, your children's reference would either be from head to toe or vice versa.





In the meantime, preparing a checklist for items your children should bring along for travel would be a great tip too. Telling them how many days and nights would give them an idea how many pairs of clothes they should consider to wear, especially for long holidays.

On top of that, you can also tell them to bring along important documents, such as identification cards and other valid travel documents. You can remind them, but, still, it's better if you take charge to carry them yourself. Though, reminding them to keep their important documents along should be constantly done every time before they travel just to give them ideas that travelling doesn't mean solely 'carrying their bodies from home to a destination',

but they must be responsible in other aspects too, for example, ascertaining their identity and nationality, especially when it comes to travelling overseas to avoid any border-control issues.

In the meantime, asking your children to use a luggage scale would be a good idea too. This is to ensure that your children won't simply 'put everything' in their luggage to avoid overpacking for the trip. For instance, you can recommend them to pack multipurpose shoes and do laundry to re-wear clothes. You can also advise them to coordinate what items to bring for travel and what items to let go. As their parents, you also need to educate them about the thin line between needs and wants. This is because there would be occasions

when your children want to pack everything deemed important to them, which's not necessarily essential for travel. There have been cases where children brought fireworks and strike-anywhere matches without the knowledge of their parents, which are among prohibited items that may cost them an amount of money, depending on rules and regulations enforced by airports for public safety and convenience. However, hugging stuffed animals during the flight or colouring books may be needed to entertain your children and keep them busy for long layovers, which are allowed to bring along.

As your children are packing their own luggage, you'll be able to save time and have some opportunities to

manage other things, such as preparing home-cooked meals for en-route mealtimes, providing necessary items and itinerary for special events or activities, keeping your wallet laden with credit cards and an amount of cash for exchange (if necessary), bringing along your devices and chargers, checking your travel-insurance coverage, bringing along visas and passports, and packing health essentials like prescribed medicines and travel medicine kit for healthy travel.

In conclusion, travelling together with family is great, but packing your luggage with your children would create a happy moment altogether before creating moments of joy and keeping a smile on face during the trip. However, you need to keep an eye on your children as they're packing their luggage so that there wouldn't be items paid no heed to or overpacking, of which one of the cases may ensue if no one pays attention to – in this case, the parents.

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