

TOP 8 ITEMS FOR TRAVELING WITH A FAMILY

1 WIPES AND SANITIZER

Packing wipes or hand sanitizer is an absolute must for helping to keep the family healthy while traveling. Both can be used on little hands and big hands alike, airplane tray tables, and just about any other surface imaginable. Similarly, remind your kiddos that, even though they're on vacation, it's important to practice good hygiene just like they do at home which means frequent hand washing, particularly after using the bathroom and before eating.



2 WATER PURIFIER

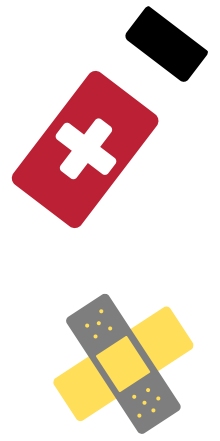
When traveling to more remote areas of the world, a water purifier should be one of the first things you pack. Unsanitary water is one of the primary causes of traveler's diarrhea and water purifiers can help prevent the ingestion of potentially harmful microorganisms in instances where you don't have access to clean or properly treated water.



3 FIRST AID KIT

First aid essentials are just that, essential. Consider purchasing a pre-packed first aid kit to carry when you travel or make your own by packing travel-sized portions of the things you most commonly use at home. While hopefully you won't need them, it's always better to be safe than sorry. Consider packing:

- Ibuprofen
- Allergy relief
- Tissues
- Band-aids
- Tweezers
- Insect repellent
- Sunscreen



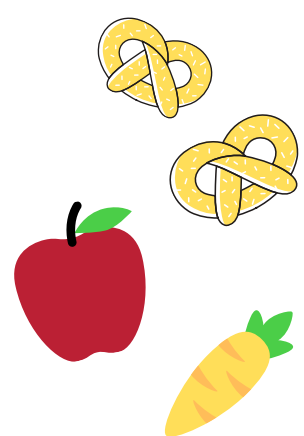
4 ENTERTAINMENT

If you're taking a long airplane, car, bus or train ride, packing entertainment for your kids is a must. Whether they prefer toys, videos, games, or paper and crayons, having activities that keep them engaged and entertained can help make a long travel day much more enjoyable.



5 SNACKS

From road trip fast food to airport food courts, travel food is not always the healthiest. To help keep your body nourished and your immune systems functioning well, pack some healthy snacks you can munch on while you travel. Some fun ideas: fruit, whole grain crackers, veggie sticks, and sugar-free beef or salmon jerky.



6 DIARESQ

One of the most common worries when it comes to traveling is keeping the whole family healthy. Long days and time changes can run you ragged, your body is exposed to new environments and foreign food and drink, all of which can lead to common travel-related conditions such as diarrhea. DiaResQ provides fast, safe and effective relief from traveler's diarrhea and it is safe for the whole family. DiaResQ comes in an easy to pack format and provides important nutrients and immune factors that work with your body to rapidly restore normal function and relieve diarrhea. Don't let diarrhea ruin your next trip - travel like a pro with DiaResQ.



7 SURPRISES

Next time you travel, try surprising your kiddos with a new toy or game to keep them engaged and ward off restlessness and boredom! Even the smallest surprise can mean the difference between a stressful and relaxing flight.



8 BONUS: DON'T FORGET THE KIDS!