

3 THINGS TO PACK THAT WILL SAVE YOUR SANITY DURING FLIGHT DELAYS

Simple items that turn airport chaos into manageable waiting

ITEM #1:

A SMALL BAG OF INDIVIDUAL SNACKS



What to pack: Small ziplock bag with 10-15 individual wrapped snacks (fruit snacks, crackers, granola bars)

Why it works:

- Gives you something to "ration out" every 15-20 minutes
- Kids stay occupied opening packages
- Prevents expensive airport food meltdowns
- Takes up minimal luggage space

Parent tip: Let kids "earn" snacks by sitting quietly for 10-minute intervals

ITEM #2:

A CHEAP TABLET WITH DOWNLOADED CONTENT



What to pack: Basic tablet (not your phone) loaded with movies/games, plus headphones

Why it works:

- Your phone stays free for rebooking flights
- Downloaded content works without airport wifi
- Kids can't accidentally mess up your important apps
- Headphones keep other passengers happy

Parent tip: Only bring out the tablet after 30 minutes of delay - it's your "emergency backup"

ITEM #3:

A SMALL NOTEBOOK AND PACK OF CRAYONS



What to pack: Composition notebook and 8-pack of crayons (not markers - they dry out)

Why it works:

- No batteries required
- Works on any surface
- Kids can draw what they see around them
- You can play simple games (tic-tac-toe, hangman)
- Crayons won't leak in luggage

Parent tip: Start a "travel journal" where kids draw something from each part of the trip

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