

# The Natural Travel Kit for Kids

10 items to keep young ones happy and healthy en route. BY LORA SHINN

- 1. Journaling kit.** Bring along a recycled-paper notebook so kids can write about their vacation experiences. Throw in tape, scissors and soy crayons to spur extra creativity.
- 2. Arts & crafts.** Moldable beeswax is perfect for sculpting miniature ants, turtles and everything in between, plus it's phthalate-free and less crumbly than other play clays (read: your new Prius will stay looking new).
- 3. Edutainment.** Know the name of every creature with a travel-friendly handbook to plants, insects and animals. Try Pocket Naturalist Laminated Field Guides, which come in dozens of lightweight and waterproof versions.
- 4. Dry snacks.** Let your child choose his favorite low-sugar morning munchies. Make a trail mix with nuts, dried fruits, whole wheat pretzels, seeds and carob chips.
- 5. Portable energy.** Add vitamin-packed, natural drink mixes to water to fuel kids without caffeine or high-fructose corn syrup.
- 6. Repellent.** Tell mosquitoes to bug off with an essential-oil-based insect spray like one from Burt's Bees.
- 7. Hand wash.** For unavoidable messes in planes, trains and automobiles, pack natural, alcohol-free cleaning wipes such as those from CleanWell and Seventh Generation.
- 8. Motion-sickness relief.** Instead of using over-the-counter meds to help soothe nausea from bumpy plane rides and hilly car trips, try non-medicated alternatives like ginger chews or tablets and Queasy Pop Kids lollies (made with essential oils and herbs).
- 9. Homeopathic health remedies.** Pick up *arsenicum album* for travelers' diarrhea, *glonoinum* for sun overexposure and *coffea cruda* for when those noisy hotel neighbors keep the family up at night.
- 10. Peace of mind.** For a child with pre-flight jitters or other travel anxieties, try calming Bach Rescue Remedy Kids, a liquid formula made from a blend of flowers that's safe for all ages.



Photo by Michael Brian  
Skai is wearing Indigenous Designs' organic cotton dress with embroidered butterflies (\$22, [www.indigenousdesigns.com](http://www.indigenousdesigns.com)) and Naturino sandals (\$76, [www.shoegardennyc.com](http://www.shoegardennyc.com)). Luggage by Kipling ([www.kipling.com](http://www.kipling.com))