



10 Tips for Traveling Solo with your Kids

All parents know that traveling with a kid can get stressful, even when your spouse or family accompany you. Imagining to do it all by yourself sounds a bit scary, too much of a responsibility. And fun? Here are a few tips to help parents (especially mothers) travel solo with their kids & have fun also.



Deciding the Destination

This one is tricky; the traveler in you wants to try the unbeaten path. However, the parent in you seeks comfort for your child, and most importantly, safety for both of you. Choose a mildly adventurous destination with good hotel options around which provide adequate security.



The Journey

While choosing the destination, keep in my mind how long will be the journey and how will you make the journey. Try to keep the road trips short while traveling with small kids solo, try to fly to your destination. If you are making a road trip, take frequent breaks.



Packing

You should pack light, always carry a backpack, and keep your hands free. There is going to be a lot of running around.



Snack Often

Small snacks (fruits, nuts, sandwiches, chocolates) keep the child full and happy. Keep them handy, along with the water bottle.



Keep Distractions Handy

Always carry your child's favorite toy (small one), crayons, sketchbooks, storybooks, etc. to keep him/ her busy during journeys and idle time at hotels.



Choice of Hotel

Don't compromise on the quality of your accommodation, save later. Choose a hotel with more than necessary facilities, especially for the kid. All these will help keep your child engaged at times when you want to relax.



Food Choices

Talk to the Chef of the hotel in advance if he can prepare customized food for your child, even during buffets. Usually, good hotels provide this service a no extra charge. Almost all hotel kitchens can make this in no time.



Jungle Safaris

If you are going to a national park or sanctuary, carry a binocular for your child. Taking binocular will help keep him busy and let you click pictures easily without interruption. Though Jeep safaris are always tempting, opt for a canter safari if you are alone with a child.



Experience Together

Talk to your child before and during the journey about the trip. Talking will avoid an unnecessary show of tantrums later. Treat your child as your travel partner, not a responsibility. Share moments with him, show him and teach him things while on the go. Let him immerse in the experience.



Trust but Cautiously

Delegate tasks, get all the help you can from airport and hotel staff. People help solo parent travelers. When you go sightseeing, take the hotel's cab. Yes, it is expensive but safer. Logistics usually work well with a bit of planning, don't over-think.



Himalayan Travel Tips

- Have Buffer Days
- Stay Warm & Hydrated
- Avoid Alcohol
- Carry Required Clothing, Food & Water
- Drive with Caution & Care
- Start Early, Sleep Early



#SaveOurHimalayas

- Spread Smiles Not Plastic
- Stop Littering
- Bring Back Your Own Trash
- Avoid Plastic Water Bottles