

By Jennifer Levenbook

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Personal Item Only **FAMILY TRAVEL**

Smaller Baggage, Greater Ease

Personal Item Only Family Travel

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Jennifer Levenbook

This book is available at

<https://leanpub.com/personalitemonlyfamilytravel>

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This is a [Leanpub](#) book. Leanpub empowers authors and publishers with the Lean Publishing process. [Lean Publishing](#) is the act of publishing an in-progress ebook using lightweight tools and many iterations to get reader feedback, pivot until you have the right book and build traction once you do.

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Contents

How to Use This Book	i
Links	i
Videos	i
Images	ii
What if I Cannot Follow Links?	ii
Introduction	iv
Who am I to tell you what to do?	iv
Why might you want to travel personal item only as a family?	v
What if you can never get that minimal?	vi
Chapter 1: The Personal Item	1
Get the Right Bag	2
Make Your Own Gear (MYOG)	3
Worn Weight Doesn't Count	6
Chapter 2: The Baby	10
What does a baby really need?	10
But Where Will Baby Sleep?	10
The Lap Child's Diaper Bag is a Personal Item	10
What About Airlines That Don't Offer Diapers Bags?	11
Baby, You're Going Places	11
Baby's Daily Carry	11
Chapter 3: The Car Seat	12
Avoiding the Car Seat	12
Checking the Car Seat	12
Car Seat Bags	12
What Else Can Go in the Bag	12
Stroll the Car Seat	12

Chapter 4: Mom, I'm Hungry! Snakes Snacks on the Plane	13
Low Blood Sugar is a Medical Condition	13
The Bag Must Contain Only Food	13
Some Good Airline Snacks	13
Cooking at Cruising Altitude	13
Yet to Come	15

How to Use This Book

This book is purposefully an electronic book. With this formatting it allows me to show, not tell, how to do complex manuverings, link you directly to the items I am specifically discussing, and help you jump around in the book rather than having to read through paragraphs that don't interest you.

Links

Links to content both external and internal will be indicated by text of a slightly different color. [Here is an example of link text.](#)¹ Clicking on that link will take you to a minimalist personal item only loadout for a young, childless man; not family travel at all. Still, might make for some interesting reading.

Videos

One of my favorite exercises to do with my students - I'm a former high school science teacher - was to have them write a step by step, intricately detailed procedure for making a peanut butter and jelly sandwich. Despite six years of teaching, not a single student wrote a procedure that, when followed literally, produced a peanut butter and jelly sandwich.

Writing specific, thorough instructions is hard. And there's no point in doing that when in an eBook, I can simply offer you a video that shows, rather than tells, how to do the thing. If I'd assigned my students the task of making a sandwich explainer video, they'd have nailed the assignment!

Which is why there are times that I will be giving you, amazing reader, videos for the complex procedural bits. They will look like this when they appear in the body of the text (see below).

¹<https://jeremymaluf.com/onebag/>



Making a Sandwich

All you need do is click/tap on that above image, which you can tell is a video due to the lack of the word “Figure” in the beginning of the caption, and it will take you to the video in question.

But what if you are reading this on an eReader that is not internet connected or isn’t capable of playing videos? That is where following the footnote² located in the text surrounding the video will come in handy. The link, in longhand, will be located in that footnote.

Images

From time to time there will be images which are not links. Those, as the one below, will be indicated by the initial word “Figure” in the caption as this one is.



Figure 1. Me, carrying a very heavy reusable tote bag as a backpack. Backpack carry is easier on the body than single shoulder carry when dealing with heavy bags.

²<https://youtu.be/dQw4w9WgXcQ?si=xtcjCaHTEdKeyg5L>

What if I Cannot Follow Links?

All external links will be written in longhand in footnotes originating from text near the video or exactly after the link.

The best way to discover whether a link is an internal one - meaning one that simply whisks you away to another part of the book - is to tap on it. Try by tapping the word “[pockets](#)” to see!

If you find an error in grammar, spelling, or a link which no longer functions, please [report the error](#)³. Doing so can earn you up to a \$5 rebate on the purchase price of this book.

³https://leanpub.com/personalitemonlyfamilytravel/email_author/new

Introduction

“Mann Tracht, Un Gott Lacht” ~ an old Yiddish adage

Good day (or night) and welcome to my master class on how to travel, as a family, with each member of the family flying personal item only. If you follow my instructions to the letter, depending on the length of your trip, you will need to [do laundry](#) and will be repeating outfits. Feal breaker?

Dear Sample Reader

If either of these are unacceptable, aren't you glad you didn't spend any money buying this book? I front load the dealbreakers to save us both time and money. If, however, you don't care that you wore that shirt on the trip before so long as it is clean, you've found your people! [Buy the book!](#)

Who am I to tell you what to do?

My name is Jennifer, and I am a world traveler. I have been flying internationally for over 40 years. I'm also a mother, and have circumnavigated the globe with my own delightful offspring twice at the time of this authorship. I've taken my family to England, Spain, Greece, Sharjah UAE, Egypt, Thailand, Vietnam, Taiwan, Japan, and of course various locations within the USA. And every member of my family including The Offspring flew personal item (or diaper bag, when they were a lap child) only, well, with the exclusion of having to check the car seat. It can be done. And I'll tell you how I do it.

I wasn't always a personal item only traveler. Like most of you, I started out with a checked bag and an Onboard Bag. It is how my parents packed; a checked bag with tons of clothes, full sized tubes of toothpaste, backup shirts for my backup shirts, toys, books, and more. As we do, I followed my parents' example, believing that they'd figured out The Travel Baggage System.

When I was seven, I flew as an unaccompanied minor to visit my relatives in England. This was in an era before wheeled luggage was the norm, and so I dutifully packed my checked duffel bag onto a luggage cart, a sort of folding hand truck that were very commonly used to give a bag wheels, and wore my

Onboard bag on my shoulder. The duffel bag was checked, and the wheeled luggage cart was folded and stuck into the overhead bin along with everyone else's luggage carts, coats, and other paraphernalia that wasn't allowed to be checked but also wasn't necessary for immediate in flight use; this is the original purpose of those overhead bins.

I reconnected with my duffel bag at Gatwick's baggage claim and strapped it back onto my luggage cart. How capable I felt, being able to roll my massive luggage around using my tiny body.

What I hadn't accounted for, were stairs. The luggage cart could not roll up the stairs, and when packing, I hadn't paid attention to weight. My duffel bag weighed quite a bit.

We all have formative moments, those which create core memories that later shape the person we become. This was one of mine, standing at the base of a flight of stairs; I was facing an insurmountable task.

Being all of 7 years old, I was given assistance by my Aunt and Uncle, but I knew my desire for independent travel in my future could not rely on others to help me navigate stairs, and I would need to find a different solution.

My different solution: pack only into what could fit under the seat in front of me on the airplane. No need for wheels. Could wear on my back while climbing stairs. Cannot be too heavy because no room for extra weight. Brilliant. And thus started my three decades and counting quest to perfect personal item only packing: My Travel Baggage System.

But what about having enough clothing? I'll tell you all about my education on laundry in [the laundry chapter](#).

Why might you want to travel personal item only as a family?

Children are expensive, and traveling as a family can be cost prohibitive. However, there exist a category of airlines called Ultra Low-Cost Carriers (ULCC)¹, lower cost than even Low-Cost Carriers. The catch is that ULCC charge for everything.

All you get for a very cheap price is a seat on the plane, and the space under the seat in front of you. Which means that if you can pack each person

¹D'Amours, A. (2025, January 16). Ultra low-cost carriers (ULCCs): Ultimate guide (2025). Flytrippers. <https://flytrippers.com/ultra-low-cost-carriers-ulccs/>

into a single personal item, then you can fly across the USA for as little as \$50 a person.



To find incredibly inexpensive airline routes from your origin point to your destination, make use of the hobbyists at [/r/ShoeString](https://www.reddit.com/r/ShoeString/)². They enjoy finding the most inexpensive ways to get you (and your family) where you want to go.

In addition to extending travel budgets, having to wrangle children is cumbersome. Adding additional bags or even larger bags to that can be overwhelming, restricting mobility and leading to choices such as taking expensive taxis rather than the free airport train or bus. This is often borne as simply the tax on family travel, but it doesn't have to be. You just have to pack lighter (weight) and more compactly (volume), and yet without depriving yourself of anything.

Dear Sample Reader

If this sounds like the sort of travel you are interested in doing, if this would lead to more family travel adventures, more family memories made, more cosmopolitan exposure to the world for your children, then this is the book for you. I hold back no secrets, and you will be able to achieve your lightest most compact family travel too!

What if you can never get that minimal?

The ability to put your toothbrush into one jacket pocket and a change of underwear into another and then head to the airport is based on privilege. We don't all have that same privilege.

Replacing already-owned items with newer, lighter, more compact versions requires room in the budget, and we don't all have that same budget flexibility.

Requiring only a few changes of clothes or only one pair of shoes or devoting minimal space in luggage to medical needs is health privilege, and we aren't all in the same health situation.

²<https://www.reddit.com/r/ShoeString/>

So even if you cannot get as minimal as I can for myself and my family, you can still learn the mindset of ingenuity, creativity, adaptation, and puzzle solving which serves us all well.

According to the ancient Yiddish proverb, “Mann Tracht, Un Gott Lacht,” which translates to “Man Plans, and God Laughs,” the Road of Life is unpredictable no matter how carefully we plan (Levine, 2016)³. No matter what emergencies and instances you’ve packed for, you’ll likely find yourself in an unanticipated situation for which the personal item only mindset, if not the single bag, will offer solutions. A mindset is free, weighs nothing, and takes no space in your bag.

This book isn’t an absolute. There is no single right way to succeed. And aside from a goal of posting on [/r/HerOneBag](https://www.reddit.com/r/HerOneBag)⁴ or [/r/OneBag](https://www.reddit.com/r/OneBag)⁵ to get likes, there is no requirement to do any of this, yet there is reason to want to do what is not required.

Wheels up!

³Levine, S., MD. (2016, February 26). Life is unpredictable, and unexpected changes will inevitably occur. Psychology Today. <https://www.psychologytoday.com/us/blog/our-emotional-footprint/201602/man-plans-and-god-laughs>

⁴<https://www.reddit.com/r/HerOneBag/>

⁵<https://www.reddit.com/r/onebag/>

Chapter 1: The Personal Item

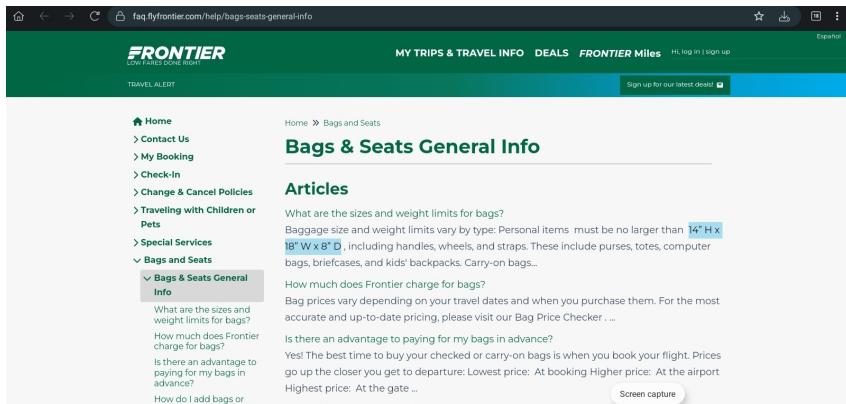


Figure 2. Personal item size dimensions from Frontier, an ULCC operating in the USA.

You cannot fly personal item only without a personal item. And you cannot fly as a personal item only family without one personal item per family member. Let's talk about selecting the right personal item. What is right for one member of the family might not be right for another, so mix and match between the personal item options to secure the ideal personal item per family member.



If you are just stuffing items in your pockets, that's [ZeroBagging](#)¹ and you don't need this book.

Growing up, one of my best friends was a young filipina girl who, being the first of her family born in the USA, went back to visit her relatives in the Phillipines almost as often as I went to visit mine in Europe. Only, she did a very curious thing. She didn't take a suitcase, nor a duffel bag. Not a spinner, trunk, wheeled case, nor hard case.

¹<https://www.reddit.com/r/Zerobag/>

She took a cardboard box. A balikbayan box.²

Her culture was lightyears ahead of mine when it came to solving the luggage problem. Filipino expats, visiting the Phillipines, laden with gifts for their extended and beloved families, solved the puzzle of how to maximize their luggage allotment. To get the greatest internal volume, the greatest amount of space to pack items, use a rectangular prism container with 90 degree angle corners, sides that are straight and thin, and which exactly matches the maximum length for each dimension specified in the airline baggage information. And, at that time, the best material was single corrugated cardboard; there were even perfectly sized checked-luggage boxes already for sale.

Get the Right Bag

Let's take balikbayan box know-how and apply it to personal item only travel. We are going to look for a personal item which is a rectangular prism, has sides that are straight and thin, and which exactly matches the maximum allowable personal item length for each dimension. And the beautiful thing is, such bags exist for a variety of airlines!

USA ULCC Personal Items

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European ULCC Personal Items

Unlike the USA, it does not appear that Europe has standardized its ULCC personal item sizing. They do have a law which sets a *minimum* personal item size, yet most airlines exceed this minimum, and some quite considerably. You are going to want to take advantage of this excess rather than to gear up for the legally required minimum.



The legally required minimum personal item bag for an airline headquartered in, flights originating from, or flights landing in the EU is 40x30x15 centimetres³.

²Del Barco, M. (2005, December 23). Gift boxes help migrant Filipinos keep ties to home. NPR. <https://www.npr.org/2005/12/23/5066964/gift-boxes-help-migrant-filipinos-keep-ties-to-home>

For this, the same rules apply about seeking a bag which is a rectangular prism, has sides that are straight and thin, and which exactly matches the maximum allowable personal item length for each dimension. When it comes to big names in ULCC such as Ryan Air and EasyJet, a simple search on your favorite online market place of choice will turn up options⁴.

On the subject of Ryan Air in particular, if you are already in Europe, this bag⁵ is your everything so long as you are comfortable with a backpack form factor. It is also listed for sale in the USA, but is never in stock.

On the subject of EasyJet in particular, my two favorite personal item bags fit into the sizer as of 2025, despite having unmatched dimensions. I tested this. Personally.

And what of me? When I fly European ULCC, which I do rarely and even more rarely is it the same airline twice, I employ **The Box**, which I will explain shortly.

Asian ULCC Personal Item Sizes

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Make Your Own Gear (MYOG)

Sometimes, buying an existing item isn't the answer for your trip. It may become necessary, or even advantageous, to make your own gear. Handy with a needle and thread? See the sewing subsection. Capable of cutting cardboard and doing some *papier-mâché*? See **The Box** subsection. I've done both, successfully.

³Brown, L. (2025, June 30). The big change affecting European travel. <https://www.bbc.com/travel/article/20250627-the-big-change-affecting-european-travel>

⁴<https://amzn.to/4m2umj8>

⁵UK <https://www.amazon.co.uk/dp/B0DRJSWV3J>, USA <https://amzn.to/4lmuOri>

Sew Your Own Bag

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The Box: The Right Bag for Airlines You Will Never Fly Again

Sewing your own bag is a lot of effort, especially for an airline you don't intend to patronize regularly. For a true one-off, let me introduce you to The Box. This is another creative project, but one with cheaper materials and less time commitment. For this project, you will need:

1. The allowable personal item dimensions of your intended airline.
2. Something accurate to measure with.
3. A smooth butter knife to use to score cardboard in place of a bone folder; use a bone folder if you have one.
4. Some scissors capable of cutting cardboard and paper.
5. Some cardboard.
6. Some paper used to "tape" the seams of your box in conjunction with ...
7. Some [wheat paste](#)⁶ to adhere the paper to the cardboard. Despite the link insisting on using only cake flour, any wheat flour you have can be used here as this is not a long term creation.



Figure 3. Making wheat paste on the stove so that I can make The Box for a one way flight on an ULCC I'll likely never fly again.

⁶<https://blog.papercraftpanda.com/the-only-cooked-wheat-paste-recipe-youll-ever-need/>

Constructing The Box

I could walk you through the entire process of constructing The Box, but it is better to let someone else show and tell via video than to try to make sense of purely textual directions. The following video is about shipping boxes, and that is exactly what I'm telling you to construct, but with some caveats that are in the special box usage instructions, later.

The dimensions of your personal item luggage “shipping box” are the maximum allowable personal item dimensions of the airline you are flying. This video⁷ will explain the basics of how you'd construct The Box for your purposes.



Making The Box

Where the person in the video uses packing tape, you will use wheat paste on paper because it is a stronger seal and a stronger hold to cardboard when dry, believe it or not, than packing tape will ever be. When using The Box, even as a single-use personal item, you want it to be strong - not going to burst open at any seams, so that you can pack it to nearly bursting. With personal item only family travel, we maximize every possible crumb of space we are allowed.

In instances where you do not have enough cardboard to construct the entire box out of a single sheet, [this instructable](#)⁸ offers a template for making your box out of multiple pieces of cardboard material. The glue you will use to connect your box will be wheat paste, once again the absolute strongest adhesive (when dry) that can be used on cardboard to result in the strongest of holds. Reinforcing all joints and seams with wheat-pasted paper will only further serve to solidify the box as a superb, disposable, personal item packing vessel.

⁷<https://yewtu.be/watch?v=JfGmu-06rM0>

⁸<https://www.instructables.com/Cardboard-Box-Template/>

Special Box Usage Instructions

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Worn Weight Doesn't Count

Asian airlines have a weight limit on your carry on in order to preserve the health of the flight attendants, who will be assisting passengers with loading their bags into the overhead bin. It was determined that 7 kg is a reasonable amount to ask a flight attendant to lift over their head, a zillion times per shift. Despite the imaginings of those on the internet, the weight limit does not have anything to do with the amount of fuel loaded on to the plane.

As we are packing in personal items which will not need to be lifted into the bin overhead by anyone, much less a flight attendant, it would seem to make sense that there is no purpose in imposing a weight limit on our personal items. However, airlines are in the business of making money, and a weight limit earns them money. And so, we personal item travelers will be subjected to the weight limit just the same.

Which is why loading up your person with lots and lots of weighty belongings for personal item weigh-in is **not cheating**. We aren't forcing flight attendants into unsafe working conditions. We are simply avoiding a cash-grab, and the staff of the airline, except perhaps the C-suite, don't care about us avoiding a cash grab.



You know what is cheating? Renting a luggage locker at the airport to put all your additional weight (not bulk, just weight) before presenting your personal item bags at the check in counter for weigh-in. And then only after receiving your "okay to fly" tag for your bags, indicating that they were an acceptable weight, only then, going back to the luggage locker to retrieve your dense objects that fit easily in your bags but would set them over the weight limit. Spending 400Yen to save a \$60 overweight fee is absolutely cheating. So don't say I told you to do it when you do.

For every member of the family, we need to plan our airport check-in outfits carefully. I advise wearing the heaviest of the clothes you intend to

pack, and wearing layers. I wear a skirt with huge pockets and a shirt, over which I have my rain coat with pockets, and then that is topped by my flight vest, a safari-style vest which I modified to have an additional back panel pocket running the entire length and width of my back (I had a tailor who is more skilled than I add an invisible zipper to one of the interior seams). With this, I can hold several kilograms of weight on my person and out of my bag.

The Mister also wears a safari-style vest and cargo pants, held up with suspenders. His most weighty object is his work laptop, which fits conveniently tucked down the back of his trousers with the X of the suspenders offering good containment to the laptop for the duration of check-in, even with bending and lifting of our bags on and off the scale. He tops this with his waxed cotton canvas jacket which, of course, has pockets as well.

The Offspring wears their heaviest outfit and any outer layers and hand-carries their iPad while sitting in the [backpack carrier](#).

We arrive at the airport in plenty of time to guess-and-check our packing vs pockets at the airport's weigh-and-repacking station.

I am a freezie-human who uses my vest not only for cargo capacity, but also to keep me warm. In fact, all of my clothes for check-in are ones which are used for more than the flight but also during my travels.

Before you go out and purchase additional clothing items just for the flight, I encourage you to look at your closet and see what items you might already own that will serve the purpose.

If you don't have any clothing that is perfect off the rack, you might be able to modify clothes you already do have. Do you have outerwear that is two layers; an outer layer and an inner lining? If so, a skilled tailor can turn the space between those two layers into a huge pocket, all for the addition of an invisible zipper. Do you have any outer layers that could accommodate a pouch pocket being sewn to the interior? If so, that's another modification a skilled tailor can make to your clothes. Do you or any of your family travel in skirts? So long as they aren't body-con, they can have bag pockets added to any side seams without disrupting the fashion silhouette. And so it goes.

If you don't own suitable clothes for modification, here are some of my favorite travel staples which are still being manufactured and for sale.

- [Macabi Skirts](#) - These are my travel day skirts with not just pockets, but full blown purse pockets. Each of the pockets can hold an entire purse's contents and then some. They dry in a snap, wear like iron,

and are all around great skirts. They are breezy in hot weather and layer well over leggings in cold weather to keep my legs warm. I own two and haven't needed more given how easily/quickly they clean on travels. They have a casual style so are not ideal for formal occasions, but for all else they'll do. I linked to the manufacturer's webpage, but I bought both of my skirts on the second hand market, one from Mercari and one from Poshmark, where they were considerably cheaper.

- **Harem Pants Jumpsuit/Romper with Pockets** - This is a two in one item which can either be a full body jumpsuit/romper or a pair of comfortable harem pants. I've worn them in both configurations and they are wildly comfortable. The pockets hold less than the Macabi skirt, but they are pockets just the same. When it comes to formal occasions, this item can be dressed up like a Little Black Dress with the right jewelry and hairstyle and can go to a wedding or a posh dinner while still feeling as if you are in your pajamas. And speaking of pajamas, I've used them for that as well. And if you want even more utility, I've worn them under my Macabi skirt to function as leggings in cold weather and in combination, they've kept my legs warm. I tend to wear them under my Macabi skirt on a flight day, especially for weigh in, as they offer additional pockets for the stuffing. I've recommended them to friends of many different body shapes and sizes, and have yet to see someone that they don't look elegant on in jumpsuit mode.
- **Cycling Rain Jacket** - Though I'm not a bicyclist, I prefer cycling rain jackets to just about any other rain jacket because of the lumbar pocket, which is one more pocket than most other rain jackets have. Plus, cycling rain jackets are typically cheaper than those marketed at, say, hiking outdoors enthusiasts or fishing outdoors enthusiasts. A lot of cycling rain jackets are shower-proof, meaning they'll keep you dry in a light rain shower but won't do anything for torrential downpour. While all rain jackets wet-out at some point, this one which I linked is at least more than shower-proof. Plus, it will offer warmth against chilling winds and layers well over warmth layers such as a fleece or a cashmere sweater/cardigan to give a huge warmth multiplier effect. And did I mention the number of pockets?
- **Safari-Style Cargo Vest** - This is the vest that The Mister has for his flights. He advises all to order one size up past what the sizing charts say you need, in order to get a better shoulder fit. Unlike my modified warmth vest, this one is not double-layer so would need to be modified to put a large patch pocket on the interior of the back panel to have the cargo capacity of my vest, however he's otherwise quite pleased with

the cargo capacity of the existing pockets. Reviews on the website said to beware the zippers and to close them with care, but we have not found anything of concern with how the zippers are constructed. Still, care is always a good move when it comes to critical gear.

Chapter 2: The Baby

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What does a baby really need?

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Clothes

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Toiletries

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Nursing and Feeding Supplies

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Amusements

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But Where Will Baby Sleep?

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The Lap Child's Diaper Bag is a Personal Item

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Diapers

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Neck Pillow Hack

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What About Airlines That Don't Offer Diapers Bags?

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Baby, You're Going Places

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Baby's Daily Carry

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Chapter 3: The Car Seat

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Avoiding the Car Seat

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Checking the Car Seat

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Car Seat Bags

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Cooking at Cruising Altitude

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Rehydration

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Mixing

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Travel Kitchen

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Airplane

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Picnic

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Lodging Basics

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