

# Family Travel in India — Prep Guide

What to prep before a family trip to India — health basics, pacing an itinerary around kids, and the small choices that keep everyone comfortable.

## WHY THIS GUIDE

Family travel advice for India tends to either over-warn or assume you're traveling like a backpacker with no kids in tow. This guide is about the practical adjustments — pacing, food, accommodation choices — that make a trip genuinely workable with children along.

## HEALTH & COMFORT PREP

A bit of extra planning around food and routine prevents most of the disruptions families worry about.

- Talk to a travel health provider a few weeks ahead about any recommendations specific to your children's ages and itinerary
- Pack a small kit with basic fever, rehydration and motion-sickness remedies your kids already tolerate well
- Stick to bottled or filtered water for kids, including for brushing teeth
- Ease into local food gradually rather than diving in on day one — let appetites adjust over the first few days
- Bring familiar snacks for the first day or two, especially for picky eaters or long travel days
- Build in downtime after flights before any full sightseeing day — jet lag hits kids differently than adults

## CHOOSING WHERE TO STAY & HOW TO MOVE

- Favor hotels with pools or gardens — kids recover from long sightseeing days better with a place to burn energy
- Book family rooms or connecting rooms in advance rather than assuming availability on arrival
- Private cars with a driver are usually worth the cost for families — more flexibility on stops, naps and bathroom breaks than fixed-schedule transport
- For longer train journeys, book a private cabin or a full set of facing berths rather than scattered seats
- Keep flights and transfers to a minimum on shorter trips — overland connections can eat a full day with young kids
- Pack entertainment and snacks for transit days — delays are more common than on routes you may be used to

## PACING THE ITINERARY

- Plan for one major activity per day rather than back-to-back sightseeing — heat and crowds tire kids out fast
- Schedule the most demanding activities (forts, long temple visits) for morning, before peak heat
- Build at least one full rest day into every 4-5 day stretch
- Choose family-friendly experiences over packed historical tours — wildlife safaris and beaches tend to hold kids' attention better than long monument visits
- Ask hotels about kids' clubs or babysitting if you want an adult-only dinner or activity occasionally

Keep a flexible mindset — the itinerary that survives contact with a tired 6-year-old is the one with slack built in

Specific health recommendations depend on your children's ages, vaccination history and itinerary — confirm with a travel health provider before you go.