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“The Getaway Girl®”

Girlfriend Getaway Travel Tips for Moms

A girlfriend getaway must be a planned date/event when you have children, so moms can prepare the kids and line up their care during the trip. Moms need to get away, but must be comfortable with the timing, who is watching the kids, etc. Some moms make their girlfriend getaway an annual event that is saved for and anticipated every year as they are more likely to go when it's a tradition, and it makes planning easier.

- Provide as much details in writing for the caregiver. The more details you have in writing before you depart, the better your trip will be and (hopefully) less calls about what the kids need and/or where they need to be. Include information such as:
 - Kids daily schedule (wake up/bedtime, school drop off/pick up, after school activities, evening schedule, etc)
 - Mom's travel schedule/contact information (hotel, flight, contact numbers for travel partners, etc).
 - Important contact list (neighbors, grandparents/family, doctor, school, babysitter, pharmacy, etc.)
 - List of medications, dosage/frequency, special instructions
- Notify daycare/school of who will be dropping off/picking up kids, as well as who to contact in case of emergency (since you will be out of town).
- Leave a list of “things to do” with details and contact information so dad or the caregiver has an idea of activities to keep the kids busy (i.e. visit the zoo or park, friends to play with, etc).
- Select a location tailored to adults; the last things moms want on their getaway is to be around someone else's kids. Agree as a group what you would like to do and where you'd like to go. Also discuss everyone's budget so everyone has the same financial expectations.
- Traveling with girlfriends should be fantastic! However, sometime the best of friends don't travel well together. Enjoy your getaway with girlfriends who have similar interests and can join you as you “Leave Your Baggage at Home.®” The last thing you need is to travel with someone who is constantly worrying about other things besides your getaway experience.
- Even if the kids are left with their father, it is always a good idea for both parents to have a surrogate form on file with their pediatrician and a will on file with an attorney.