



Romantic escapes before life's biggest adventure.

Congratulations!

You are about to begin the most exciting adventure of a lifetime: Parenthood. But before that, a Babymoon is the perfect way to begin your journey. It's a time to relax together and focus on what will be the center of your new baby's world, the two of you.

With that in mind, we've put together a few tips and tricks for you as you begin planning your babymoon. Our travel experts are parents, too, so they know what makes the perfect trip for those of you about to join the club. Speaking of clubs, we'd love for you to join our VIP travel group on Facebook, [The Travel Bugs](#). It's a great place to make new friends who love travel and grab some great travel deals.

As you begin to plan your trip, if you find you need any help at all, please [let us know](#). We can take out all the stress of travel planning and help you have a fabulous babymoon.

The Travel Bug Girls



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Planning Your Babymoon

Before you begin, it is important to note that there are a few things to consider before planning travel in order to keep you and your baby safe.

Safety Concerns

- Doctors recommend that you do not fly after 36 weeks.
- Many cruise lines don't allow cruising after 24 weeks.
- Activities that include a fall risk like skiing, skating, or even dancing are not recommended.
- Roller coasters and other rides with sudden movements can be dangerous. Theme parks may restrict your participation on some rides for this reason.
- The Zika virus is a mosquito borne virus that can affect pregnant women. There are no currently known outbreaks, but the CDC recommends that you wear mosquito repellent and long sleeves or pants when travelling in tropical climates. You can learn more at CDC.gov.
- Travel insurance is strongly recommended and can provide medical support in case of an emergency.



Babymoon Checklist

START HERE

- Choose your travel dates. Remember, flying after 6 months isn't advised.
- Decide on your trip budget. This will help you make further decisions.
- Choose a destination.
- Choose your style of travel: romance, adventure, relaxation, sightseeing

6+ MONTHS BEFORE DUE

- If traveling internationally, check passport requirements.
- Book flights if you chose to fly.
- Choose your accommodations.
- Reserve your hotel rooms or other accommodations (VRBO, resort, cruise, etc.)

5 MONTHS BEFORE DUE

- Plan and reserve any tours you want to add to your trip.
- Don't forget to book a rental car or airport transfers if needed.
- Get a note signed from your doctor that it is safe to travel

1 WEEK BEFORE TRIP

- Pack your bags! Let's get ready to travel.
- Have your emergency plan laid out and your doctor's contact info saved.
- Place your mail on hold.
- Take out the trash and wash all dishes.
- Clean out your fridge if you are going to be gone more than a few days.

PACKING TIPS

- A copy of your doctor's contact info.
- Protein bars and bottled water
- A little sweater or jacket even in summer is a good idea.
- Comfortable walking shoes
- Dramamine for motion sickness and ginger chews for nausea

A NOTE FROM THE EXPERTS

Travel insurance is always a good idea in today's modern travel. This is **especially** true for pregnant women. We recommend choosing a plan that covers not only "trip cancellation for any reason" but also emergency medical evacuation in case you have an urgent medical need.





Babymoon Ideas

ADVENTURE TIME

- Plan a long hike or bike ride in the mountains.
- Visit a ski town. You'll find a lot of them have year-round activities.
- Camping or glamping trip
- Explore the Florida Keys, the Everglades, Yosemite, etc.

ROMANTIC WEEKEND

- Book a nice hotel room in the nearest city and dinner at a nice restaurant.
- Reserve a cabin in the mountains.
- Book a 3 night cruise
- Take a sleigh ride and drink hot cocoa snuggled together beneath the stars.

RELAXATION & SPA

- A cabin in the mountains or a national forest for a quiet escape.
- Plan a spa day with a pregnancy massage and mani/pedi
- Maybe you need some sea therapy? How about a week by the ocean?

FUN! FUN! FUN!

- Drive route 66 in a convertible
- Visit a theme park like Universal Studios, Disney World, or Disney Land
- Go the state fair, a rodeo, or ballgame
- Rent a pontoon boat with friends and a big lakehouse for the weekend.

EPIC & LUXURIOUS

- Paris or Rome
- Explore Greece & the Mediterranean
- Book an all-inclusive resort or Caribbean cruise
- Stay in an elegant hotel in New York City and go to a Broadway play

A NOTE FROM THE EXPERTS

Whatever travel you are planning, we can make it less stressful and more fabulous. Our travel designers specialize in creating the perfect trip for you. We know how important this trip is to you and we will make sure you have everything you need from beginning to end. Book your [FREE Vacation Discovery Call](#) now to learn more.



OVER WHELMED?

We can help!

Working with us is like finding your new travel bestie, and she is here to make sure you have more fun and less stress.

Book your FREE Babymoon Discovery. Call and let us handle the planning so you can relax.



Babymoons

by

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