

Maldives Family Travel Checklist

A Dubai Family Travel Guide



Smart Packing

Professional packing guide to ensure you have all essentials



Flight Prep

Tips for flights and transfers from Dubai to Maldives



Health & Safety

Kid-friendly first aid and medical guidance



Island Tips

Enjoy your vacation while avoiding common mistakes

Packing Checklist — The Smart Family Way



Adults

- ✓ 2-3 light cotton outfits
- ✓ 1-2 swimsuits + cover-up
- ✓ 1 evening outfit
- ✓ Reef-safe sunscreen (SPF 30+)
- ✓ Mosquito repellent
- ✓ Reusable water bottle

Pro Tip

Most luxury resorts provide toiletries — don't waste luggage space on full-sized bottles

Kids

- ✓ 3-4 cotton outfits (easy-dry)
- ✓ Rash guards & UV shirts
- ✓ 2 swimsuits per child
- ✓ Child-safe sunscreen
- ✓ Travel pillow or blanket
- ✓ Downloaded shows/games

Pro Tip

Pack a separate "in-flight fun bag" — snacks, toys, crayons, and one surprise item

Babies/Toddlers

- ✓ Diapers (2× travel days)
- ✓ Baby wipes, rash cream
- ✓ Formula, baby food
- ✓ Bottles, sterilizer, bibs
- ✓ Portable baby monitor
- ✓ Foldable baby carrier

Pro Tip

Email your resort beforehand — many offer baby cots, bottle warmers, and high chairs free

Flight & Transfer Preparation — From Dubai to Paradise

✈ Flights from UAE to Maldives

🕒 **Duration:** ~4 hours from Dubai/Abu Dhabi

🛩 **Best Airlines:** Emirates, Flydubai, Etihad

🌞 **Timing Tip:** Choose morning flights

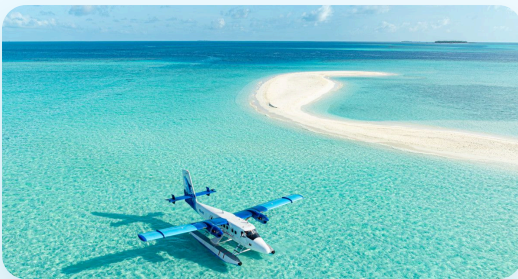
🧳 Airport & Luggage Tips

✓ Check in online 24 hours before

✓ Bring collapsible stroller — allowed to gate

✓ Pack "Malé transfer bag" with swimwear

✓ Reusable water bottles — fill after security



🚢 Transfers Inside Maldives



Speedboat

20-60 mins

Great for families with toddlers



Seaplane

30-45 mins

Stunning views — daylight only



Domestic + Boat

1-2 hours

Best for remote atolls

💡 Pro Tip

Ask Holiday Offerz to book transfers aligned with your flight timing — prevents long waiting at Malé airport

Health, Safety & On-Island Smart Tips

Family Health Checklist

-  **Medicines:** Paracetamol, motion sickness tabs, ORS
-  **Sun Protection:** SPF 50+ reef-safe sunscreen, aloe vera
-  **First Aid:** Antiseptic cream, mosquito repellent, burn ointment

Pro Tip

Maldives is malaria-free but bring repellent to avoid mosquito bites at dusk



Safety Tips on Island

-  Always supervise kids near pools or lagoon edges
-  Life vests for kids under 10 when snorkeling or kayaking
-  Follow resort's eco rules — no touching coral or feeding fish
-  Keep emergency numbers in your phone

Family Comfort Hacks

-  Choose ground-floor villas or family suites
-  Request kids' menus — most resorts adapt for picky eaters
-  Ask about babysitting hours for couple's spa sessions
-  Schedule outdoor activities before 11 AM or after 4 PM

Smart Travel Habits

-  **Overpacking:** Most resorts offer daily laundry
-  **Overspending:** Choose all-inclusive packages with meals + activities
-  **Jetlag:** Keep first day relaxed — pool, short beach walk
-  **Digital burnout:** Use Wi-Fi downtime as "family unplug time"