



*Lynzy & Co.*

TRAVEL  
NAPA VALLEY/SONOMA

A Life & Style Guide for Modern Motherhood





# HERE ARE MY BEST PACKING TIPS:

1

**Organize all of your outfits by day.** For example, Day 1: outfit for mom, dad, kid #1, kid #2. Then roll them all together and pack them that way. This makes it VERY easy to get ready each day for everyone. Plus, you can all be coordinated! I geek out about coordination so this is why I love to do this!

2

**Bring along ziploc bags (1 gallon size) to put soiled clothing in.** I also recommend these [packing bags](#)! They make it easy to pack and find everything and also great for storing clothing once it's been worn.



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3

**I always pack any shampoo, body wash, etc. into a bag that will allow for spillage.** There is nothing worse than getting your clothes full of shampoo before you arrive to your destination. [These](#) bags are great!

4

**I always pack one large backpack with everything I will need for the flight.** This includes, an extra change of clothing for each child, diapers, wipes (regular and sanitizing), snacks, toys/iPad, wallet, phone, and phone charger.



5

We brought along 3 suitcases (one extra large, 1 medium, 1 small). The extra large suitcase held two pack n play mattresses for the girls because I hate the “mattress” that is supplied with them, it’s rock hard and who wants to sleep on that?! We have [this large hard suitcase](#) and I have traveled everywhere with it. It’s the best suitcase I have found thus far.



6

We brought one double stroller (great for getting through the airport) and one baby bjorn and one baby sling. My husband prefers the baby bjorn and I prefer the sling so we brought both since they don’t take up too much space. Having different options for getting the kids around is key. I will say though that once we got to our hotel in Charleston, we mostly used the baby wrap for our 10 month old and our almost 3 year old walked with us.



7

The key to vacation success is making sure that you have the kids’ essentials for sleeping. For us, this included: two pack n play mattresses, mattress covers, two sound machines, blankies, stuffed bunny, PJs, and two books. You want to make their bedtime routine identical to the one you already have at home.

8

**Pack your car the night before so that the morning is an easy transition!**



## Before I get into the best things to do, see and where to eat in Napa Valley.... here are some FAQ's I have received:

### Why did we choose Napa?

We packed our bags for wine country for a friend's wedding and decided to make a family trip out of it! My mother in law was kind and came with us for a few days to help with the kids while we attended wedding festivities!

### Which airline did you fly?

We flew Southwest which is hands down my favorite airline to fly with or without kids. You get to board between groups A and B if you are a family with children under 6 and we were in group A for every flight anyway. We were able to sit in our own row in the front of the plane on all 3 flights. They hand out snacks for everyone on each flight, regardless of how long it is. Plus, they are witty and humorous! ;)



### What did you check and what did you bring with you on the plane?

We checked three suitcases and brought along the double stroller, two backpacks (one on my husband and one on myself) and [one kid's ride along suitcases](#) for our almost 3 year old. She loved riding it and pulling it through the airport. It's great for entertaining! I would highly recommend one if you are traveling with a toddler. This one [here](#) is super cool as well!

We will start off with the most important topic of all...

# WHERE TO EAT IN NAPA VALLEY/ SONOMA



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## BREAKFAST:

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### **BOON FLY CAFE**

We had brunch here and it was absolutely delicious. You MUST get the mini donuts and an omelette ;)

▶ VISIT

### **BAYSIDE CAFE**

This cafe is located in Sausalito and we stopped here on our way back to San Francisco (where we fly in and out of). HANDS DOWN, best place we ate. It's very laid back and has a ton of options, including fresh ingredients juices!

▶ VISIT

### **BREAKAWAY CAFE**

This cafe was only a few minutes from our Airbnb and the perfect place for a quick breakfast bite with a ton of options! Great place to bring kids!

▶ VISIT

For the most part, we ate breakfast at our Airbnb since it's SO easy with the kids! We picked up breakfast options at a nearby Target.



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## LUNCH:

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### **BOON FLY CAFE**

mentioned earlier, this cafe is also great for lunch!

▶ VISIT

### **OXBOW PUBLIC MARKET**

an open market where you can buy literally any food your heart desires!

▶ VISIT

### **MI TIERRA MEXICAN**

We ate here quickly on our way to a few wineries and it was pretty good if you're looking for Mexican food!

▶ VISIT






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## DINNER:

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### CAMPO FINA

▶ VISIT

A fancier restaurant (but still great with kids) in Healdsburg, CA. They have wood fire pizzas and a lot of other delicious Italian meals. I got the simple spaghetti and meatballs and shared it with Olivia - HIGHLY recommend it!

### FREMONT DINER

▶ VISIT

These are the types of places I absolutely LOVE. This is a little dive diner and it has honestly the best food of our entire trip. GET A BURGER.

### THE GIRL & THE FIG

▶ VISIT

This is a French restaurant that is related to where we went for the wedding rehearsal dinner (Suite D) and the food is absolutely amazing. Do yourself a favor and go here.

### THE RED GRAPE

▶ VISIT

We weren't able to make it to this one but it was on our list! This restaurant serves up some yummy thin crust pizzas!

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## DESSERT:

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### NOBLE FOLK

▶ VISIT

Located in Healdsburg, CA, this dessert venue has some delicious PIES and also interesting ice cream flavors if you're into that!





# WHERE TO STAY:

## AIRBNB

► VISIT

We stayed at this airbnb [here](#) and it was amazing. It was the perfect size for kids and even has another room with double bunk beds which would have been great if our kids were older! Unfortunately, since it was rainy and cold the majority of the time we were there, we weren't able to enjoy all the wonderful outdoor amenities. There was even a farm to the left of the home where the girls got to see and hear the llama, chickens, pigs and more! :) [Here is another airbnb](#) that we tried to stay at but it was booked at the time!





# WHAT TO DO WHILE YOU ARE THERE:

This list could get very lengthy. I will highlight what we did while we were there and also do some honorable mentions of things we want to get to the next time we visit!

## MUIR WOODS

A beautiful place to hike and see the redwoods! The drive up there was pretty crazy (see video in blog post) but it was so beautiful!

▶ VISIT

## CHILDREN'S MUSEUM OF SONOMA

This museum is pretty big and great for kids. They even had an expansive outdoor play area, which we couldn't enjoy because of the rain! I highly recommend stopping here with the kids!

▶ VISIT

## EXPLORATORIUM IN SAN FRANCISCO

We stayed in San Fran the last night we were there and visited the Exploratorium! It was so cool and the kids did love it but I do believe it's better for older kids 4+ and up!

▶ VISIT







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## WINERIES:

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### BELLA WINERY

▶ VISIT

This was my favorite winery that we went to and I even took home two wines which I cannot wait to open after baby arrives! :) This winery is in a beautiful location and has wine caves that you can tour through!

### ARTESA WINERY

▶ VISIT

A winery with an absolutely beautiful view! You need to go here just for the view!

*(by the way, the above wineries welcome kiddos!)*

**Ones that were highly recommended but we didn't have time to go to:**

### FROG'S LEAP

▶ VISIT

I cannot tell you how many people told us to go here but we just didn't have the time! When and if we go back to wine country, this is first on my list! They even have farm animals there for the kids! :)

### CASTELLO DI AMOROSA

▶ VISIT

a 13th century CASTLE that will be a hit with your kids as well!

### LONG MEADOW RANCH

▶ VISIT

### STERLING VINEYARDS

▶ VISIT

Has an aerial tram that gives you beautiful views and the kids will surely enjoy!





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**Things we would do next time:**

- **THE WINE TRAIN** (they have family fun night for ages 3-12!!),
- **THE FARM TRAILS,**
- **FULL HOUSE FARM,** &
- **TRAIN TOWN** (it was closed the entire time we were there because of the rain!)

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For more information on everything related to **Napa Valley**, check out their website **HERE!**



# MY MUST HAVE TRAVEL GEAR:



## Large Hard Rolling Suitcase

I have this Samsonite one and it's been through about 8 years already with me. I love it so!

## Kid's Ride Along Suitcase

We have this one here, but I really love this one too! Olivia loved riding along on this at the airport and it entertained her while we waited to board.

## Packing Cubes/Organizers

I love these for organization within the suitcase!

## Kiki Lu Designs Diaper Bag

I love the amount of pockets this bag has and it easily fits everything I need in a carry on bag for the two kids and myself. Use code: LYNZY25 for 25% off!

## Macloren Double Umbrella Stroller

great, high quality double stroller that was perfect for traveling. It has awesome under seat space (hard to find with umbrella strollers) and I love how the canopies go way over their head so it blocks the sun and even rain!

## Wild Bird Ring Sling Carrier

I love this carrier for carrying little Ellie around! I have always loved the ring slings the best!

## Pip Squeaks Kit

Olivia is OBSESSED with these and brings this everywhere!

## Travel Kid's Kit

Has an assortment of kids activities to keep them entertained! Great for travel by car, plane, train or bus! :)

## Headphones

Great for when the kids are watching a movie on the plane!

## Zella Leggings

My favorite leggings ever in general but also great for traveling. So comfy and never start to sag. The perfect fit and I wear them 5/7 days a week in the fall and winter!

## Long Cardigan

The perfect layering piece if it gets chilly on the plane. You can also use it to wrap up the kids if they are cold or use it as a blanket!

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