

BALI INFORMATION – V4

Travelling with babies

This is an area we researched the hell out of! We have quite a few friends who have twins and travel to Bali all the time so we got plenty of tips... As its Bali, we were over cautious with what to take... and we were there for 9 nights all up....

We have been to Bali twice now with our twins. The 1st time was when the boys were 7 months old, and the 2nd time was when they were 18 months old, so I'm going to try and write our experiences around these two trips and I hope you find it of use to you....

Plane Trip

7 months old - 18 months old

- Nappies – Take enough to last you the trip over. You do not want to run out of nappies. We thought we had enough but only just made it till we got our bags at the other end.
- Dummies on dummy clips and spares in the nappy bag
- Rusk
- Teething Gel
- Any cuddly toy that they love.... don't leave home without it.... and if you have a spare pack it just incase....
- Sudocream
- Nappy Bags
- Bibs
- Panadol / Nurofen
- Plenty of wipes
- Cotton Balls and Little wipes
- Panadol for yourself (you'll need it)
- Credit card – Buy yourself a few champagnes for the journey (You'll thank me)
- Kooshy Kids Blow up pillow. I'll talk about this more later on.
- Change of clothes for the kids – we took our boys over in onsies as it was so much easier. Yes we had a poo explosion.
- Food – Enough to keep them entertained and chew on at that age ie: Food Pouches. We weren't stopped or asked at Customs as apparently baby items are able to go through with no problem.
- Formula – We packed 4 bottles with formula and added the hot water before we got on the plane at the cafe for takeoff, then we added the hot water on the plane for descending which is the most important for their little ears.
- Chewy toys to help with teething as well
- Books to read to them.
- If you are flying with Garuda – Try your best to book the bassinets (Have to be approx 10 kilos or under) My suggestion would be to get there earlier to ensure you get the bassinets.. they are a lifesaver!
- Milk in bottles – Our boys still had a couple of bottles so we planned it around taking off and descending to help with their ears. At this stage we were on cows milk and we had no problem taking 4 bottles on the plane of 200ml.
- Spare Dummies
- At 18 months old we purchased 2 lenovo tablets with wireless headsets which we purchased from JB-HIFI They were cheap and entertained them for minimal time... only because they were not use to them and have never used tablets before.... so they didn't really know what to do with them.. but it gave us a bit of time. We downloaded Wiggles etc so this is a good option for those kids who need to be entertained...

Packing in General

- Milton Tablets to put in your bath water.
- Telfast for babies
- QV Wash / Lotion
- Good kids sunscreen – We used Arbonne
- Bathers (Rashes long sleeves) and hats – The sun is harsh.
- Nail Clippers (my babies nails grew so quickly and I was cutting them every 3-4 days).
- Anti-Histamine Cream
- Swimming Nappies
- Little Eyes – Baby eye wipes (Chemist Warehouse)
- Fess Nasal Spray and sucker (Our boys were sick with a really bad cold prior to flying)
- Bonds long sleeve onesies (A few as we let them sleep in these because of the air-con so it gets cold in the rooms)
- Mosquito Nets (I purchased these on ebay just incase we needed them for the pram or the porta-cots)
- Clothing - We had only a couple of rompers, bonds short sleeve onsies, shorts and singlets.... but they just wore nappies most of the time.... it was so hot!!! So don't pack many baby clothes.. Honestly it will be a waste!!
- Bed Sheets – We didn't pack these however it was recommended to us to take our own.... I did have to fix the sheets / padded sheets from our porta-cots and tuck them in tightly, as they provided little doona's and pillows and you can't have that for an 8 month old.. so just a thought.....
- Baby Sleeping Bags – we took our sleeping bags which were 1.5 and slept them in a long onsie with no bodysuit... this was based on the air-con. They were comfortable in their sleeping bag and knew that it smelt like home..
- Strollers. We didn't take our proper double pram because we didn't want it to get ruined and knew it wouldn't fit on their footpaths at this point in time (It has improved since our last visit).... So we purchased two cheap \$89 Kmart single strollers – they must lay back so they can sleep if you're out and about... With Garuda, you can check in your strollers and then take them right to the gate and then they will take them off you 45 minutes before the flight and will load them onto the plane... and because the lack of footpaths and width (lack of) the strollers were perfect.
- Baby Bjorns – We used these couple of times... Especially between getting off the plane and vice versa going home. They were a godsend. Borrow them if you don't have them.... But they are great going through customs etc You have to take your baby out at customs though out of the baby bjorn.
- Toys – We packed a few essential toys / chewing toys to keep them entertained.
- Misc - Although we didn't get the boys out that much as it was so hot and our nanny just said she was happy to stay with them.... so we kept them inside majority of the time.... they had fun with the nanny.. and we had a private pool villa so they got to swim a bit....
- For the plane we packed toys, teething rings, rusks, heaps of spare nappies / wipes and spare dummies and 2 changes of clothes. (Bodhi did a poo 3 time during the flight) and Nappy Bags. We were fortunate to fly Garuda and we had organised the baby bassinets thank god!
- Garuda allowed us to check the in then use them all the way to the gate and then 45 min before the flight we handed them over to go under the plane.
- **If you want to pack light, you can hire allot of these products from www.balibaby.com**

Baby Food

- Tuppaware – We took sippy cups and also some tuppaware baby containers which we would take to the breakfast buffet and fill up with fresh fruit / yoghurt etc.. .then we would feed that to the boys after their 9am sleep... (PS ALWAYS TAKE FROM THE BUFFETT!!!!!!)
- Water.... we used the bottled water, but just to be on the safe side, we would boil that bottled water and provide them in sippy cups....
- Food – We took their powder formula on the plane in some bottles and we also took about 6 pouches (Rafferty's) on the plane. Even though they are 120ml and over the regulated 100ml, they allow it as it's food....
- Fresh Milk • Greenfields is the brand of fresh milk you can buy in Bali and it is readily available from 7/11 (called Circle K) and supermarkets.
- Mini Munchers – The best thing we found!!! Owned by an Australian Lady named Silv, and made fresh that day and delivered to our hotel.... We ordered about \$100 worth both times of different foods and it was fantastic! Highly recommend and our boys loved the foods... and they had not long just started on solids so we were rapt!

<https://minimuncher.com/>

Photos below of Mack and Bodhi enjoying the yummy food from Mini Munchers. They ate food such as green curry, mac & cheese, spag bog and yummy cocoa chocolate rice pudding which were just some of their favourites.



What I love about Mini Munchers is that it's organic and is also fresh and delivered exactly at the time you require it. Remember if you are staying at a hotel which doesn't have a microwave then you will need to hire one... Also I love the options of the food groups at different age groups for your child. Silv the owner is lovely and I highly recommend them.

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Nanny Babysitting

- On our first visit, I was a bit unsure about having a Nanny, however I'm so glad we did this.... I wrote to this company (owned by an Aussie lady named Danielle) and she recommended Komang... she has worked with twins before and my god she was amazing!!!!!!!!!!!!!! It is so cheap and honestly having the extra hands is just the best holiday you can have....I'm more than happy to help you out further with this... But i cannot recommend them enough... Being a stressed twin mum with no sleep.... she just made our holiday....
- Our next holiday we had Eka.... WOW I cannot speak highly enough for this company... Our second trip we stayed 18 days to have a complete break (hard being twin parents) so for about 4-5 of those days, we got two Nannies just to give myself and Adrian some time together... The boys were walking, running and by mid way through our holiday, the boys wanted nothing to do with us and only wanted to spend time with our beautiful Nannies!!! Don't worry about getting a Nanny.. JUST DO IT! You need a holiday too....

<http://www.balisbestbabysitting.com/>

Photos of our twins with our gorgeous Nannies over the times we hired through Bali's best Babysitting.



Bali Baby equipment Hire

- Our first visit we hired a microwave / Sterilizer / Jumparoo / Activity Centre and I am so grateful we did this... cheap and it was like we were at home.... it was so easy and the company are fantastic to deal with.... The boys had plenty to do and because we travelled in September, it was so humid that our Nanny Komang just stayed indoors with all of our equipment and kept the boys entertained... it was fantastic...
- You can get all your hire products from www.balibaby.com including pool fencing for villas



small people equipment hire



Hotels

- Clear our your mini bar as soon as you walk in... Place it into a drawer and don't touch it! Send your hubby / Partner / Yourself to the closest mini mart and stock up!!! Especially on Water, Juice, Yoghurt, Snacks etc as they are so much cheaper.....
- Don't always eat in the hotel... get out and explore the beautiful restaurants... and don't be afraid to try the shops on the corner which you may think look liked dodgy bars for old men drinking hot beer out of breast stubby holders... the food is amazing!!!!!! A lot of people are cautious of eathing the ice

or brushing your teeth with their water.... Just be careful not to eat the ice in your drinks if you can avoid it...

- Brushing your teeth – Use the bottled water provided by your hotel.
- I tend to tip our butler / cleaner at the end... even \$10-20 helps them so so much.
- Hotels to consider with kids
 - Always check out the Luxury Escape Deals. They are fantastic!
 - Melia in Nusa Dua was great
 - Mandira – (Has amazing waterslides which kids love)
 - Padma
 - Bali Dynasty

Villas

- Have a look at Rumah Raja Villa in Canggu. Great 3 bedroom villa with lots of inclusions for kids.

<http://www.rumahraja.com.au/>

<https://www.facebook.com/rumahrajavilla/>

Driver

- After travelling multiple times to Bali, the best driver we have come across is Mr Puti..... Here is his facebook link.... he is open, honest and respectful and has a young family... he doesn't talk the whole time in the car he is very very quiet... he can organise small cars or big cars... I usually pay 400,000 rp for the day (about \$40 bucks)
- <https://www.facebook.com/putu.bali.37454?pnref=friends.search>

Flights

- We first flew with Garuda and loved it! They were amazing and we loved the fact that we got the bassinets and all of your food and drink was included. Also the staff were so lovely and always came past to offer to hold one of our twins to assist us at any time....
- The second time we flew Jetstar... we couldn't get the bassinets however we ordered the Kooshy Kids pillows which were fantastic. Make sure you look at the TC'S before you fly as you cannot use this on certain seats (ie: in the isle seat)
 - <https://kooshykids.com.au/>
- Garuda are amazing.. and they have come a long long way.. they are actually listed in the top ten of the best airlines in the world.... All inclusive and we bagged ourselves two bassinets which was fantastic..... The best thing about Garuda was that they let us take our strollers to the gate.. they were checked in and then we could go all the way.. we just had to hand them in 40 min before takeoff.. you cannot do this with jetstar..... which is a real pain! Kmart had great lay back strollers which we purchased and still use now..

Photos are of the Garuda bassinets, The Kooshy Kids Pillow and the strollers we used from KMART.



MASSAGE & BEAUTY TREATMENTS

Bodyworks

- Jalan Kayu Jati No 2, Petitenget (Seminyak)
P: +62 (0)361 733317
www.bodyworksbali.com
info@bodyworksbali.com
- You are best to book – Ph: 361 733 317 or your hotel can book for you.

Mandi Lulur

Exfoliation Massage (Mandi Lulur)

This treatment begins with a 75 minute Balinese massage, then the entire body is painted in a brown, granular paste (the traditional Javanese “lulur”), containing turmeric, sandalwood, cinnamon, ground nuts and rice. The paste is then gently rubbed to exfoliate the skin. After a quick shower the body is covered in fresh yoghurt. The enzymes stimulates cell activity and restores the pH balance of the skin, which feels soft as silk after the yoghurt is washed away. The final step involves luxuriating in a warm, fragrant, flower-filled bath.
2 hours Rp 450.000 (Approx: \$45.00 Aus)

Chill

Jalan Kunti, Seminyak

P: +62 (361) 734 701

www.chillreflexology.com

E: chill@chillreflexology.com

For a massage that will take you to another place, specialising in Reflexology also. You will walk out of here felling like you are floating! Booking is a must.

Lady Marmalade and nail boutique and champagne bar

Jalan Drupadi 9Q, Seminyak

P: +62 361 732 226

www.ladmarmaladenails.com

E: bookings@ladymarmaladenails.com

Open: Monday - Sunday - 10.00 am - 07.00 pm

Complimentary Car Service

Dial + 62 361 732 226 24 hours prior to your appointment time and they will pick you up and drop you off within Seminyak to Canggu areas.

Cocoon Medical Spalagian

Sunset Road,

Legian, Bali 80361

(opposite McDonalds at Sunset Star, on Sunset Road)

P: +62 811 388 2240

E: info@cocoonmedicalspa.com

www.cocoonmedicalspa.com

Complimentary Car Service

DR Made Ta – Aesthetic Clinic

Jalan Beraban no 38 Kerobokan

Seminyak Bali

P: +62 81 2366 59998

E: info@drmadeitabali.com

www.drmadeitabali.com

RESTAURANTS & GROOVY PLACES TO HANG AT

La Plancha or B9B (Bean Bags on the beach)

- Everyone talks about La Plancha.. but to be honest, we've been going to the one next to it which is just as great.... It's called B9B (Bean bags on the beach) either way you must visit these places... just be prepared to pack your coins and small change to buy your kiddies the cheap toys which they try to sell....
- The beach at sunset is amazing... and a MUST DO! One of the best things we did was buy a really large print which was handpainted with sand...They sel heaps of them on the beach and they are simply gorgeous.. You'll be able to bring them home too, not a problem

The Rock Bar - Ayana

Located at Ayana Resort

P: +62 361 702 222

This is very close to Jimbaran

- This place is absolutely awesome!!!! The best views I have ever seen!!! This is "the" place to go! Check it out on the internet before you go, to see what's on there, ie: DJ, events etc EXPENSIVE THOUGH!!!!!! We went (it took ages from Seminyak) however we wouldn't go again.. It was not great for kids and it's so bloody hot until the sunset comes down... We left our children with the Nanny to experience this with the adults. They give you massive black umbrellas however we were still hot... however the experience was beautiful. It is essential to get there at 3.30pm, as it opens at 4.00pm....trust me it is well worth it!

EL KABRON – Spanish Restaurant & Cliff Club

Spanish Restaurant & Cliff Club

Jl. Pantai Cemongkak

Pecatu Bali 80571

www.elkabron.com

E: info@elkabron.com

P:+62 85100 803 416

Really lovely place to visit, sit watch the sunset, dine on Spanish tapas and listen to some cruisy tunes. Dad and I hired a driver for the day / night which is best for when visiting here they are best to wait for you.

THE RED CARPET CHAMPAGNE BAR

Jl. Oberoi Street 42C Seminyak Kuta

Ph: +62 361 737889

www.redcarpetchampagnebar.com

11am-late

. Free finger food is offered and the staffs are fabulous. Really great place to sit, relax and listen to some tunes. I highly recommend a visit to here.

COCOON RESTAURANT

Jalan Double Six, No: 66, Blue Ocean Boulevard, Seminyak

In Seminyak – Just across from the beach.

www.cocoon-beach.com

- This place is VERY funky and stylish. Mostly white, reminds me of Santorini. I love it, spent 2016 New Years Eve here, met the owner Anthony who went out of his way to look after my dad. Please ask for him if you go. It has fantastic tapas and cocktails. A must to go to! It has open cabanas to lounge on that are the best especially after a few cocktails. Get there 6.00 ish OR EARLIER settle in and watch the sunset.

However it's also great to go there during the day, lay in the sun and swim..... yes it has a pool! I have been here many times, just to sit around the pool and have a cocktail as you would in your own hotel.

CAFE BALI (Restaurant not a Cafe)

Jalan Oberoi Laksmana, Seminyak

P: +62-361 736 484

This is one of my favourite places for lunch and dinner, really cruisy but always busy, lunch you can walk in however dinner best to book. Meals are super tasty, really nice and cheap.

I'm sure if you get to go here once you will definitely go back a second time.

CAFÉ ORGANIC (Garden Gangstas)

Jl. Petitenget 99x Seminyak Bali

P: +62 821 464 89669

www.cafeorganicbali.com

info@cafeorganicbali.com

Really beautiful healthy food, nice to go to for breakfast or lunch, open from 7.00am – 4.00pm. Across the road from the W.

THE FAT TURTLE

Jl. Petitenget 886A Seminyak Bali

P: +62 813 3737 4766

3 words..... Red Velvet Pancakes!! You haven't lived until you try these. Lovely little air-conditioned café. Across the road from Potato Head, not far from Café Organic.

MOZZARELLA

MOZZARELLA RESTAURANT & BAR.

Jalan Padma no 9, Legian

P: +62 361 755 896

MOZZARELLA BY THE SEA.

Jalan Padma Utara, Legian Kaja

P: +62 361 751 654

As you can see there is two mentioned here. I have been to Mozzarella Restaurant & Bar. Beautiful service and tasty meals. Place to go to for lunch or dinner, really cheap too. Make friends with the staff and they look after you, will even sit down and have a chat with you (if you want). I know the manager Gede (friends with him on FB also) he always remembers me when I go and be sure to say hello to him.

FINNS BEACH CLUB

Jalan Pantai Berawa, Canggu

P: +62 361 844 6327

finnsbeachclub.com

This place is amazing, place to go and spend the whole day by the pool. It has open cabanas and sun lounges. Get there 10.30am to get a good spot for the day, however the place is massive. Tapas, Lunch, Dinner or just drinks.

KU DE TA

Jalan Laksmana 9, Seminyak

P: +62 361 736 969

www.kudeta.com

In Seminyak – On the Beach

- This is right near Bodyworks, so pop in and have a look before or after your treatment. It is a beautiful place and fabulous view, right on the beach. During the day you can pop in and have a relaxing drink and easy snacky food while lying on sun lounges, wear your bathers. You'll see what I mean.
- At night, you should book for dinner. Pricing of meals is expensive for Bali (but not for Aust \$). This is a place that I would dress up for a nice night out, not casual. Groovy place. No WiFi available here.

POTATO HEAD BEACH CLUB

Jalan Petitenget, Seminyak

P: +62 361 473 7979

www.ptthead.com

E: reservation@ptthead.com

Open: 11.00am – 2.00am

Very similar to Ku De Ta and Cocoon, take your bathers! This place is a very groovy place during the day and night. Lots of people tend to flock here....

LA LUCCIOLA

Jalan Kayu Aya, Petitenget Beach, Seminyak

P: +62 361 730 838

- This restaurant is beautiful and the food is awesome. Service 5 star and location is amazing. It has been in Bali for many years and never disappoints, always gets better and better. Dress up for a lovely night out.

THE DECK SEAFOOD GRILL

Jalan Arjuna, Legian,

P: +62 361 731 162

- Fabulous seafood, at more than reasonable prices. Oysters are amazing, freshly shucked to order. If you like seafood I highly recommend going here for dinner.

SARDINE

Jalan Petitenget 21, Kerobokan

P: +62 361 738 202 (Closed Mondays) – best to book

- Is a casual and stylish seafood restaurant located in Kerobokan. The dining room overlooks rice fields. The menu emphasizes fresh fish and seafood. A relaxed atmosphere. A really beautiful place and food with great service. Nice place to go and dress up for dinner.

METIS

Jalan Petitenget No.6, Kerobokan

P: + 62 361 737 888

www.metisbali.com

- I have not eaten here (however I definitely will next visit), only had drinks here after I had dinner at Sardine (across the road from one another). This is a very funky and cruisy crowd and has magnificent food (so I have been told). Every Friday 5.30pm – 8.00pm is Aperochic, complimentary canapés, large day beds to relax on while having a cocktail and overlooking rice fields. A relaxed atmosphere.

MACARONI CLUB

Jalan Legian No. 52 Kuta

P: + 62 361 754 662

- This is right near the Shrine. Every trip to Bali I will always pay a visit to the memorial. Depending on the time of day if hungry this is a good place to stop for lunch. Great food. Awesome green chicken / veg curry. At night it's also good, sometimes band or DJ.

FINAL CHECKLIST

1. Documents / Itinerary

- a. Have a copy of your documents photocopied and kept in your suitcase and the originals in your hand luggage.
- b. Ensure all relevant people have your contact information and Itinerary so we can get you in case of an emergency.
- c. Log your travel details with smartraveller.gov.au in case something happens in the world.

2. Medication

- a. Ensure you have any stuff you need to take and make sure you have enough to get you through the whole time ie: like the pill – you will need two packs... perhaps you should go back to a different doctor and take a MAP with you.
- b. Make sure that all meds are in their original packaging with your name on the box. I got in trouble in USA for not having the packaging.

3. Bills / Money

- a. Pay any outstanding bills and make sure that you have covered these bills whilst you are OS. Don't spend all of your money and make sure that there are funds in your account to cover any necessary bills which may arise.
- b. Transfer money over to relevant accounts that you are going to use whilst over there. Make sure that you have contact numbers for each bank in-case you lose your card and need urgent replacements. What do you do in this instance? You don't want to spend all day on the phone cancelling cards etc.
- c. Change \$1000 at NAB now and put in safe whilst the dollar is good.
- d. Always pay in local dollars instead of Aussie dollars as it's cheaper.

4. Mobile Phone

- a. Make sure you cover all charges which are going to be on your mobile. Use Wi-Fi at every chance you get and speak with Telstra regarding a data pack and if you really need it. I think you only need to use Wi-Fi and not bother with a Telstra data pack.. just put international roaming on your phone for emergencies. DON'T USE YOUR PHONE TO CALL NORMALLY. IT'S TOO EXPENSIVE. If you have facebook use the free call Facebook Voice app.
- b. Ring Telstra and ensure they have added international roaming product codes on your mobile phone.
- c. Download Viber or Whatsapp for free calls amongst your friends whilst away. It uses the internet at all local restaurants / bars / hotels.

5. Flights

- a. Neck pillow
- b. Ear Plugs
- c. Eye Masks
- d. Mags
- e. Snacks
- f. Make Up / Wipes / Toothbrush / Tissues etc.
- g. Sunglasses (for when you get out)
- h. Foreign Electrical Adaptor
- i. Water Bottle
- j. Wet towel wipes
- k. Drivers Licence / Passport
- l. Cardigan / top in case cold on plane.

m. Pain relief / Band-aids etc

6. Download useful Apps

- a. Banking Apps
- b. Google Maps
- c. Weather Live
- d. Google Translate
- e. XE Currency
- f. Skype / Whatsapp / Viber

7. I-phone

- a. Take a spare charger just in case you lose one or leave one behind in the hotel.
- b. Hotels will offer Adaptor converters however they don't have many.. but they do sell them on the street very cheap....
- c. Make sure you turn off "automatic upgrade of apps"

8. Toiletries

- a. Toothbrush & Paste (Although they do have them in certain hotels)
- b. Shampoo & Conditioner (Hotel ones are crap)
- c. Soap Shaver / Razor Face Wash
- d. Deodorant Hairbrush Hair Products Hair Appliances
- e. Make Up Remover and Moisturiser

****URGENT ASSISTANCE WHILE IN BALI:**

BIMC - Hospital

Bali International Medical Centre is the best option for tourists needing medical assistance of any sort. We insist you take travel insurance prior to travelling to ensure you are covered should anything happen. You will receive top class treatment at this facility & your nanny, hotel / villa can assist you should you need an ambulance.

BIMC Accident & Emergency +62 361 761263

*Have a lovely time away and enjoy yourself. The Bali people are lovely.
Love Meiling*