

Important Considerations For Traveling In Train During Pregnancy



Pack your bags beforehand to avoid any last-minute hustle.

Carry a handbag containing essentials to curb any nausea or morning sickness.



Take help from your partner or others to lift the bags.

Reach the station early.



Take extra pillows for a comfortable rest.

Pack homemade food and snacks.



Carry all your medications and supplements.

Avoid unnecessary movements and getting down at halts.

