

TRAVELLING WITH BABY

TRAVEL CHECKLIST

Planning

- ☐ Try to schedule flights around sleep windows when possible.
- ☐ Pre-select seats early and request a bassinet if available.
- ☐ Check passport requirements early (infants need their own).
- ☐ Plan where baby will sleep (same room or separate area, in a crib or playpen)

Packing & Gear

- ☐ Bring your own equipment (stroller, playpen, car seat) if possible. Availability and quality can vary at destinations.
- ☐ Stuff checked car seats or playpens with diapers to save luggage space.
- ☐ Wrap checked baby gear in sturdy bags with a secure opening for luggage tags.
- ☐ Pack a lightweight stroller that reclines fully for naps and late outings.
- ☐ Pack more diapers, wipes, and feeding supplies than you think you'll need.
- ☐ Bring a small foldable changing mat for airports and poolside.
- ☐ Pack familiar comfort items (sleep sack, pacifier, blanket) to help baby settle.
- ☐ Bring a portable white noise machine or app for unfamiliar sleep environments.
- ☐ Bring a baby monitor if you have a suite or separate sleeping area.
- ☐ Pack baby-safe laundry detergent packets for hand-washing.
- ☐ Pack dish soap if baby still uses bottles (helpful for cleaning on the go).
- ☐ Bring familiar foods and snacks your baby already enjoys. New environments are not the best time to introduce new foods.
- ☐ Bring Ziplock bags for buffet snacks and messy clothes.
- ☐ Bring age-appropriate floating device with shade for pool time.
- ☐ Pack outlet covers and basic childproofing supplies for accommodations.

Carry-On Essentials

- ☐ A full change of clothes for baby and parents
- ☐ A quick-grab pouch with diapers, wipes, and cream for tight airplane bathrooms
- ☐ Extra diapers, wipes, and feeding supplies in case of delays
- ☐ Double-insulated water bottles to keep liquids cool or warm
- ☐ New small toys and fun snacks to entertain baby during the flight
- ☐ Hand sanitizer and disinfectant wipes for tray tables and armrests
- ☐ Nursing cover or blanket if breastfeeding

Health & Safety

- ❑ Bring more sunscreen than you think you'll need, destination prices are much higher.
- ❑ Pack infant medications for fever, teething, gas, allergies, and any regular needs.
- ❑ Bring an infant thermometer.
- ❑ Pack UPF clothing, sun hat, and stroller shade for extra sun protection.
- ❑ Bring bug spray safe for infants if traveling to areas with mosquitoes.

At the Airport

- ❑ Look for family lanes at security and customs
- ❑ Baby liquids are allowed through security (formula, breast milk, baby food, water). Just let the officer know before screening.
- ❑ Strollers and carriers are often allowed right to the gate, even if not clearly stated.
- ❑ You'll be asked to remove your child from the stroller at security
- ❑ Ask about family washrooms or nursing rooms (they're often tucked away).

On the Plane

- ❑ Take advantage of family pre-boarding to organize seats and get settled.
- ❑ Don't hesitate to ask flight attendants for help, they're very accommodating.
- ❑ Try to feed baby during takeoff and landing to help with ear pressure.
- ❑ Dress baby in layers for changing cabin temperatures.

At the Destination

- ❑ Use bottled water for formula or brushing gums, depending on your destination.
- ❑ Do a quick safety scan of the room (cords, balcony doors, sharp edges).
- ❑ Know where local medical facilities and pharmacies are (even if you don't need them, it's reassuring).
- ❑ Set up a baby monitor if you have a suite or separate sleeping area.

Peace of Mind Reminders

- ❑ Build in extra time. Everything takes longer with a baby, and that's okay.
- ❑ Lower expectations and celebrate small wins.
- ❑ Most airline, airport, and resort staff are very accommodating with infants. Don't hesitate to ask for help.
- ❑ You don't need perfection. A prepared, calm parent matters more than any checklist.

Safe travels and enjoy your time together.