

# 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.