



Packing Checklist

- Diapers**
One for each hour you'll be in transit, plus extras in case of delays
- Pad to put under your baby during diaper changes**
You can buy disposable changing pads at supermarkets or reusable ones at baby stores.
- Blankets**
Bring a few — you'll use them to lay your baby on, cover your baby, cover yourself if you're nursing, protect your clothes from messy burps, shade your baby, and more
- Plastic bags**
Carry a variety of sizes for storing soiled diapers, clothes, and blankets.
- Diaper rash cream**
- Wipes**
- Small bottles of disinfecting hand gel, baby wash, and baby lotion**
- Tissues**
- Extra pacifiers (if your baby uses one)**
- A few of your baby's favorite toys**
- Clothes, socks, and booties or shoes**
One to two outfits per day is a good guideline.
- Washable bibs**
- Sun hat**
- Lightweight plastic feeding set with utensils, and baby food**
If your baby's [eating solid foods](#)
- Formula, water, and juice if appropriate**
- Extra bottles, nipples, and sippy cups if appropriate**
- Energy-boosting snacks for you to munch on**

- Breast pump (if you use one)**
- Nightlight**
So you can keep the room lighting soothingly low during middle-of-the-night diaper changes
- First-aid kit**
Baby [pain reliever](#) and [supplies](#) for treating minor injuries
- Sling or front carrier**
Lightweight, hands-free way to keep your baby close in crowded places like airports
- Portable crib or play yard**
A safe place for your baby to sleep or play
- Inflatable baby bathtub**
Can make bath time easier at your destination.
- Car seat for safer travel by car or [plane](#)**
- Collapsible stroller**
Can be gate-checked or stored in the overhead bin of an airplane.

Tips

- Start preparing to pack a few days before you travel. Keep a running list of things to take, or put items out on a table or dresser as you think of them.
- Use a diaper bag with a waterproof lining and a shoulder strap.
- Be prepared for leaky diapers and baby spit-up on the airplane: Tuck an extra outfit or two for your baby – and an extra shirt for you – into your carry-on bag.
- Prevent leaks by packing medicines and toiletries in resealable plastic bags.
- Pack each of your baby's outfits in its own zipped plastic bag so you don't have to hunt around for tiny socks, shirts, and so on.
- Take your camera, battery charger, and an extra memory card.
- Take a clip-on reading light so you can read without disturbing your baby.
- Take the phone number for your baby's healthcare provider in case you have questions while you're on the road.

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