

TRAVEL CHECKLIST

for the baby

TIME
to
TRAVEL



DIAPERING MUST-HAVES:

- ☐ Diapers (1.5x what you'd normally use daily)
- ☐ Wipes (travel packs + refill stash)
- ☐ Diaper rash cream
- ☐ Portable changing pad
- ☐ Disposable diaper sacks or a wet bag
- ☐ Hand sanitizer



FEEDING ESSENTIALS:

- ☐ Bottles + formula or pump gear
- ☐ Pre-measured formula containers
- ☐ Nursing cover or scarf
- ☐ Burp cloths
- ☐ Bibs
- ☐ Snacks or purees (age appropriate)
- ☐ Spoon, bowl, and sippy cup
- ☐ Portable high chair or seat harness

SLEEP ESSENTIALS:

- ☐ Travel crib or Pack 'n Play
- ☐ Fitted crib sheet
- ☐ Sound machine or white noise app
- ☐ Baby monitor
- ☐ Sleep sack or wearable blanket
- ☐ Lovey, blanket, pacifiers
- ☐ Blackout cover or towel setup

TRIP-TYPE EXTRAS:

- ☐ Beach: swim diapers, beach tent, float, towel, mesh bag, baby powder
- ☐ Cold: fleece layers, stroller bunting, humidifier, extra moisturizer
- ☐ Plane: pacifier/bottle, toys, extra clothes, TSA-ready formula/snacks
- ☐ Car: window shades, car seat mirror, 'oh no' bag, toys



GEAR & TRANSPORTATION:

- ☐ Maps and travel guides
- ☐ Snorkeling gear (if not renting on location)
- ☐ Small backpack for day trips



CLOTHING & ACCESSORIES:

- ☐ 2-3 outfits per day
- ☐ Pajamas or sleepwear
- ☐ Socks and booties
- ☐ Lightweight jacket or sweatshirt
- ☐ Swimwear and sun hat (if warm)
- ☐ Beanie and layers (if cold)
- ☐ Drool bibs
- ☐ Extra outfit in carry-on



HEALTH & SAFETY:

- ☐ Baby thermometer
- ☐ Infant Tylenol or Motrin
- ☐ Teething gel or toys
- ☐ Nail clippers or file
- ☐ Basic first-aid kit
- ☐ Nasal aspirator
- ☐ Baby-safe sunscreen
- ☐ Insect repellent
- ☐ Hand sanitizer & disinfecting wipes
- ☐ Health insurance card
- ☐ Prescriptions or allergy meds