

TRAVEL CHECKLIST

for the baby



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



GEAR & TRANSPORTATION:

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



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



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



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



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

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