

EVERYTHING YOU NEED FOR CALMER FAMILY JOURNEYS

Baby Travel Packing Checklist

A practical, print-friendly list for flights, road trips and family stays. Tick each item as it goes into the bag.

TRIP: _____

DATES: _____

BAGS: _____

Documents & travel essentials

- | | |
|---|---|
| ☐ Passports or ID | ☐ Consent letter if needed |
| ☐ Tickets and booking details | ☐ Emergency contacts |
| ☐ Travel insurance information | ☐ Wallet, cards and local currency |
| ☐ Health and vaccination records | ☐ Phone, charger and power bank |

Carry-on: feeding & comfort

- | | |
|--|--|
| ☐ Bottles, formula or expressed milk | ☐ Pacifiers plus a spare |
| ☐ Baby food, snacks and feeding spoon | ☐ Favourite small comfort toy |
| ☐ Bibs and burp cloths | ☐ Light blanket or muslin |
| ☐ Water cup for older babies | ☐ Nursing cover if used |

Carry-on: diaper changes & quick fixes

- | | |
|--|---|
| ☐ Diapers for travel time plus extras | ☐ Disposable bags or wet bag |
| ☐ Travel changing mat | ☐ Two baby outfit changes |
| ☐ Wipes | ☐ One adult top change |
| ☐ Diaper cream | ☐ Hand sanitiser and tissues |

PACK THE STAY, THEN MAKE A FINAL DEPARTURE CHECK

For the stay

Adjust quantities for the trip length, laundry access and destination weather.

Clothing

- ☐ Day outfits
- ☐ Sleepwear
- ☐ Socks and booties
- ☐ Warm layer
- ☐ Sun hat or warm hat
- ☐ Swimwear and swim diaper
- ☐ Laundry bag

Sleep

- ☐ Travel cot confirmation
- ☐ Cot sheet
- ☐ Baby sleeping bag
- ☐ Baby monitor
- ☐ White-noise machine
- ☐ Blackout cover if appropriate

Health & care

- ☐ Regular medicines
- ☐ Baby-safe pain relief
- ☐ Thermometer
- ☐ First-aid basics
- ☐ Sunscreen
- ☐ Insect repellent
- ☐ Toiletries and bath items

Getting around

- ☐ Stroller and rain cover
- ☐ Baby carrier
- ☐ Car seat if required
- ☐ Stroller fan or footmuff
- ☐ Compact changing bag
- ☐ Destination address saved

Before leaving home

- ☐ Check airline baggage and stroller rules
- ☐ Download tickets, maps and entertainment
- ☐ Label bags, stroller and car seat
- ☐ Charge devices and power bank
- ☐ Pack last-minute medicines and chilled feeds
- ☐ Photograph important documents