



TRAVEL CHECKLIST

Travelling with a baby is far more complicated than nipping off on your own. Use our check list of must haves to make life a little bit easier and if in doubt, assume you will be delayed and pack extra.

- NAPPIES AND WIPES** - Running out of nappies, especially when travelling, is a disaster. Pack one for every hour that you are travelling and throw in an extra 50% for good measure. Do the same with wipes. Don't forget swim nappies too if you intend to swim.
- NAPPY CHANGING MAT** - Some baby changing bags have one of these as standard but if your one doesn't, buy one before you go. They are very handy for places that don't have changing tables. We recommend you buy one that folds away neatly.
- ASSORTED PLASTIC BAGS** - You would be surprised to hear that not all countries sell nappy bags so bring whatever supply you would normally use at home for the same time. Bring other plastic bags for the inevitable accident - they are handy to store soiled clothes too.
- NAPPY RASH CREAM** - It is also very difficult to find your own brand abroad, so make sure you bring it with you.
- BABY TOILETRIES** - Bring travel size bottles of baby lotion, baby bath wash, oil and antibacterial hand gel for you. Don't forget soft hairbrush, baby nail clippers and tooth brush (if they have teeth).
- EXTRA PACIFIERS / SOOTHERS** (if baby uses one).
- CLOT HES, UNDERWEAR, SOCKS, SHOES/BOOTIES** - Pack one and a half outfits per day - this will stand you well in case of accidents and don't forget a coat for colder days.
- SUN PROTECTION** - Pack plenty of sun hats, baby specific sun cream and sun glasses for your child.
- BIBS AND/OR MUSLIN SQUARES** - Use disposable bibs for extra convenience.
- FORMULA, WATER, OR JUICE (depending on baby)** - Do not assume you will be able to buy your formula brand abroad. If you can't categorically check that the exact same one is available, bring enough to last your holiday with a little extra, just in case. Consider pre-made carton formula for the journey as it doesn't have to be chilled.
- SNACKS FOR YOU AND BABY** - In case your trip is delayed and you both need something to munch on.
- HARDWARE FOR FEEDING** - For drinking pack bottles and sippy cups (if using). For eating pack bowls, spoons, coverable pots for when you are on the go. Throw in your cooler bag and ice block to keep bottles and food cool when out and about.
- STERILISING EQUIPMENT** - Do not forget to pack your sterilising unit and accessories such as your bottle brush, measuring jug and travel adaptor etc.
- BREAST PUMP** (if used)
- BRA PADS** (if used)
- NIGHTLIGHT** - For those middle-of-the-night changes
- FIRST-AID KIT** - Make a separate list of any special medication you give your baby and bring it all - pack familiar pain relievers safe for baby. Put in a thermometer along with rehydration salts eg. Dioralite, cotton wool, natural insect repellent, teething and calamine lotion. This list is inexhaustible.
- SLING OR FRONT CARRIER** - This is a handy way to carry your baby around when you are on the move.
- ENTERTAINMENT** - A packable play centre, baby mat with hanging toys or bouncer are all great additions to pass playtime (and sometimes even nap time). Don't leave home without at least one of them.
- TOYS** - Don't leave home without a few favourite toys and/or books.
- INFLATABLE BABY BATH** - They are very handy for washing your baby.
- CAR SEAT AND WINDOW SHADES** - They can be hired but we recommend the pain of bringing your own - you know where it has been and if it has been damaged. You can also use them on some planes. Pack a car window shade too to protect your baby's eyes.
- LIGHTWEIGHT BUGGY** - A lightweight buggy is an essential for travelling with baby - it can normally be taken right to the departure point for your trip and collapses down quite small. Buy one before your holiday, if you don't have one.
- BEDDING** - Bring two different weight blankets and a cot sheet as many hotels only use standard hotel sheets for baby cots. Even if the blankets they provide are perfect you will use your blanket when on the go - don't forget to bring it with you for the actual journey. If you use a sleeping bag, don't forget a lighter one for warmer countries. Ask if you need to bring your own travel cot.
- ALSO CONSIDER** - You might also consider: sun umbrella for your buggy, mosquito/fly mesh cover (to use at night on the cot and daytime on the buggy), baby monitor, bath toys. Don't forget, your child will also need a passport to travel