

CHECKLIST FOR TRAVELLING WITH INFANTS

- Diapers** (It can be expensive to buy in destination and sometimes difficult to find.)
Bring extras in case of emergencies or delays.
- Tissues and wipes**
- Pad to put under your toddler during diaper changes**
You can buy disposable changing pads at supermarkets or reusable ones at baby stores.
- Blanket(s)**
Bring a few for comfort, shade and warmth.
- Plastic bags**
Carry a variety of sizes for storing soiled diapers, clothes, and shoes (important to keep wet clothes separate too, if you have last minute washing)
- Small bottles of disinfecting hand gel and toiletries**
You can buy disposable changing pads at supermarkets or reusable ones at baby stores.
- Toys and books**
Your child's favorites, plus several new toys for surprises along the way. Bring sturdy toys that don't have easy-to-lose parts. I recommend taking toys you can leave in destination, so it is less to travel back with and leaves room for purchases.
- Clothes, socks and shoes**
One to two outfits per day is a good guideline. Denim and dark colors are good for hiding dirt and stains. Prepare for weather changes by dressing in layers. Expect to hand wash, so you do not have to travel with a lot.
- Bathing suits or little swimmers** (If your child is not toilet trained)
Lightweight and easy to pack, and you never know when it will come in handy.
- Washable bibs**
- Sun hat and sunscreen**
- Sippy cups, canteens or bottles**
Encourage your toddler to drink plenty of liquids to avoid dehydration, especially when flying.

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- Lightweight plastic feeding set with utensils**
- Snack food**
Don't forget high-energy snacks for yourself, too!
- Night-light**
(If your toddler uses one)
- First-aid kit**
Pain reliever and supplies for treating minor injuries. Gravel is also helpful.
- Laundry soap**
For handwashing soiled clothes en-route.
- Socket protectors**
For childproofing rooms at your destination.
- Portable crib or play yard**
Unless your toddler sleeps with you, or you've arranged for a crib at your destination.
- Car seat for travel by car or plane**
- Collapsible stroller**
Can usually be gate-checked or stored in the overhead bin of an airplane. Umbrella strollers are common, depending on age and size of child.

PACKING TIPS

- Start preparing to pack a few days before you travel. Keep a running list of things to bring, 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. The backpack type diaper bags are ideal for travelling.
- Pack an extra shirt for yourself in your carry-on bag — just in case.
- Prevent leaks by packing medicines and toiletries in re-sealable plastic bags.
- Keep your child's outfits together in one suitcase so you can find them easily.
- Take your camera — and don't forget the battery charger.
- Bring a clip-on reading light so you can read at night without disturbing your child.