



Carry On Luggage Checklist

- **Nappies** enough for 24 hours (pack nappies in separate nappy bags with a packet of wet wipes handy. Stuff one of these in the seat pocket for easy access as soon as you get to your seat, before takeoff. Your baby bag will likely have to go overhead for takeoff. It's easier to take this small bag to the airplane toilet than your whole baby bag - which in my embarrassing experience tends to hit passengers heads on the way down the aisle!
- **Wet Wipes** - put them in every pocket.
- **Snacks** - Depending on the age of your little one, packets of organic corn snacks are brilliant. Try to get the colourless flavour, as the carrot or tomato flavours end up staining everything baby touches.
- **Dummy** - even if your baby doesn't use one, buy one just for the take off and decent. Your little one can play with it and suck it and hopefully avoid ear problems.
- **Water/ juice**
- **Formula** Airlines have had the 100ml clear bottle rule for some time now. If your made up formula is 200ml (like most), in our experience they simply make you taste it. The ready-made cartons are brilliant for flying - no need to mix up milk or hunt for some sterilised water. Simple - open, pour, (heat if needs), baby drinks - fabulous.
- **Meals**
- **Nappy rash cream**
- **Hand sterilisation spray** (a must).
- **Nappy bags**, scented if possible. Take plenty as these make great emergency rubbish bags
- **Books** excellent silent distraction for any age.
- **Toys** small silent or quiet toys are the best air travel baby companions.
- **Clean shirt** - for you.
- **Change of clothes** - for baby, 2 vests
- **Baby Blanket** if it doesn't fit in your baby bag, try draping it over the shoulder strap using a small safety pin to hold it. The air blankets are horribly static, so take cotton. It can get surprisingly cold in the plane.
- **Limited 1st Aid kit, Baby paracetamol** such as calpol and some plasters. Any essentials for your little air travel baby.