



Checklist - Packing for Baby

- **Nappies** (work out the number of days away and multiply by 4. This should be just enough, although running out whilst away is not a disaster. Nappies in general are available in all corners of the globe – that extra space in your suitcase is better used for food or formula specific to your baby's needs, which may be harder to come by at your destination)
- **Food/ Formula** Take plenty in your main luggage, better to have too much than too little. [Worried about liquids/powders in your carry on luggage?](#)
- **Baby Blanket** bedding that smells of home (Your baby will find it easier to sleep if the cot smells familiar)
- **Plastic Bags** (re-sealable, put everything you pack in different bags, makes it easier to locate later and protects it from potential food leaks both in the main luggage and the [carry-on](#))
- **Nappy rash cream** Take it even if your toddler is out of nappies! Flights and holidays can lead to odd little rashes.
- **Disposable nappy bags**
- **Wipes and Tissue**
- **Bath lotion and shampoo** Boots Chemist sells handy travel sized bottles, also available flightside.
- **Dummy** (even if your baby doesn't use one, they are great for ears when flying)
- **Clothes** (layers, even if you're going somewhere hot, just in case)
- **Bibs** (disposable eco friendly paper bibs are great and very lightweight)
- **Bottles**
- **Sun Hat and sunscreen**
- **Swim Nappies and swimsuit** (swim nappies are quite rare things abroad)
- **Water/ Juice** (for your carry-on, quick easy access)
- **Breast Pump**, if you need
- **Night light/temp egg light** (if you have space and deem it necessary)
- **Baby sling**
- **Travel Cot** ([lightweight](#) is best if flying)
- **Car Seat** Check it will be locally approved before you take it abroad - [global car seat regulations vary](#) and hiring a local car seat might be more sensible.
- **First aid kit** ([specific to your baby needs](#))
- **Buggy** (if flying with baby will it [fit as carry-on](#) or will it go in the hold?)
- **Extra Shirt** for you in your carry-on
- **Snacks** for both of you, in your carry-on
- **Duck Tape**. We find this really useful for temporarily baby proofing a room – covering up exposed sockets and taping up lamp and telephone cords etc. Baby proofing kits are available, but are not always suitable for every destination.