



# BABY AND TODDLER PACKING LIST FOR INTERNATIONAL FAMILY TRAVEL

DESTINATION \_\_\_\_\_

DATES \_\_\_\_\_

WHO IS TRAVELLING: \_\_\_\_\_

## TRANSPORT

- Baby carrier
- Stroller /pushchair
- Car seat

## SLEEPING

- Travel bassinette / cot
- Black out blinds
- Baby monitor with room thermometer
- Baby sleeping bag
- Baby fitted sheet
- Night light
- Torch (for parents)
- Mosquito net

## FEEDING

- Travel high chair
- Bibs
- Baby spoons
- Bottles
- Sippy cup
- Sterilizer
- Formula/baby food for the journey
- Breast pump
- Bottle brush / cleaning equipment

## TOILETRIES AND PERSONAL ITEMS

- Baby body wash / Shampoo
- Body lotion
- Brush/comb
- Kid's hairclip/accessories
- Nappies
- Nappy bags
- Baby wipes
- Nappy cream
- Toothbrushes
- Toothpaste
- Nail clipper
- Antibacterial hand wipes
- Portable changing pack

## FIRST AID KIT ESSENTIALS

- Insect repellent
- Post bite ointment/ antihistaminic cream
- Anti-motion-sickness pills
- Anti-diarrhea
- Hydrating salts

- Plasters / wound dressing
- Disinfectant wipes
- Tweezers
- Scissors
- Paracetamol (or equivalent)
- Thermometer
- Prescription medicines
- Theething gel
- Thermometer

## OTHER ITEMS

- Large muslin cloths
- Favourite toy / blanket
- Comforter (dummy etc)
- Dummy sterilizer
- Teething toy to munch on
- Travel stair gate
- Plug covers
- Play mat
- Wet/dry bag
- Stroller cover for sun /rain
- Quick drying towel

## CLOTHES

- Underwear / baby gros
- Socks
- Short sleeve tops
- Long sleeve tops / shirt
- Jumper / hoodie/ cardigan
- Trousers /leggings /tights
- Dress / skirt
- Comfortable shoes for walking
- Sandals/crocs/flip-flops
- Sun hat
- Hiking shoes / rain boots
- Swim wear + goggles + swimming cap
- Jacket/hat/scarf/gloves
- Special gear or outfit (sky holidays/ event etc)
- Pijamas

## DESTINATION SPECIFIC

- Swim wear + goggles + swimming cap
- Jacket/hat/scarf/gloves
- Snow gear

## DOCUMENTS

Different countries list different requirements for travelling with children. Always check with the local embassy for specific requests:

- Kids passport
- Kids visa
- Vaccination booklet
- Prescriptions
- Copy of birth certificate
- Letter from other parent authorising the trip should you be travelling alone

## FAMILY TECH

- Phones
- Phone charger
- Adaptor
- Headphones
- Ipad
- Camera
- Watch /alarm clock
- Books /magazines for the plane
- Kid's selected toys
- Travel journal

ASK YOUR DOCTOR FOR SPECIFIC MEDICATIONS YOUR CHILD MAY NEED ONCE AT YOUR DESTINATION. GET TRANSLATIONS OF ALL PRESCRIPTIONS AND DOCUMENT SPECIFYING HEALTH CONDITIONS IF RELEVANT.

## PERSONAL NOTES

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