

Ultimate Travel Checklist for Baby Essentials

Clothing

Everyday Wear

- 4-5 onesies/bodysuits
- 3-4 pairs of comfortable pants
- 3-4 shirts/tops
- 2-3 sweaters or light jackets
- 1 dressy outfit (if needed)
- Socks (6-8 pairs)
- Comfortable shoes/booties
- Hat or sun protection cap
- Mittens (if cold)

Extra Clothing Essentials

- Pajamas (2-3 sets)
- Swimwear (if applicable)
- Extra outfit for each day of travel
- Plastic bags for soiled/wet clothes
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Diapering & Hygiene

Diaper Essentials

- Diapers (1 per 2 hours of travel + extras)
- Diaper cream
- Changing pad
- Disposable diaper bags
- Wet wipes
- Hand sanitizer
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Hygiene Items

- Baby bathing towels
- Washcloths
- Baby soap
- Baby shampoo
- Nail clippers
- Hairbrush
- Cotton swabs
- Baby lotion
- Thermometer
- Nasal aspirator

Sleeping & Comfort

Sleep Essentials

- Portable travel crib/pack-n-play
- Lightweight travel mattress
- Sleep sack
- Familiar blanket
- White noise machine or app
- Pacifiers (2-3)
- Comfort toy/lovey

Feeding Supplies

Bottles & Feeding

- Bottles (4-6)
- Bottle cleaning brushes
- Bottle sterilizing bags or tablets
- Formula (if not breastfeeding)
- Insulated bottle bag
- Bottle warmer (portable)
- Bibs (3-4)
- Burp cloths
- Portable high chair or seat cover
- Sippy cups
- Snack containers

Breastfeeding Supplies

- Nursing covers
- Breast pump
- Storage bags for milk
- Nursing pads
- Cooler for milk storage
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Health & Safety

First Aid & Medications

- Baby pain reliever/fever reducer
- Teething gel
- Band-aids
- Antiseptic wipes
- Saline drops
- Any prescribed medications
- Health insurance card
- Doctor's contact information
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Safety Items

- Baby sunscreen
- Insect repellent (baby-safe)
- Baby first aid kit
- Car seat
- Portable baby monitor
- Baby carrier or wrap
- Stroller
- Stroller rain cover
- Portable fan
- Outlet covers (if staying in accommodations)

Entertainment & Travel Comfort

Toys & Activities

- 3-4 small, portable toys
- Teething toys
- Board books
- Tablet with downloaded shows/games
- Headphones (if age-appropriate)
- Small blanket
- Soft play mat

Travel Documentation

- Baby's passport
- Birth certificate
- Vaccination records
- Travel insurance documents
- Emergency contact list
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Miscellaneous

- Ziplock bags (various sizes)
- Portable changing station
- Extra plastic bags
- Baby laundry detergent
- Portable high chair/seat cover
- Baby sunglasses
- Baby hat with sun protection

Optional Extras (Destination Specific)

- Beach items
- Cold weather gear
- Hiking/outdoor accessories
- Cultural-specific clothing items
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Packing Tips

1. Pack items in clear, labeled bags
2. Keep essentials in carry-on
3. Check destination's specific baby requirements
4. Always pack more than you think you'll need
5. Consider baby's age and specific needs

Pro Tip: Create a digital and physical copy of this checklist. Check items off as you pack to ensure nothing is forgotten!