

Ultimate Toddler Travel Essentials Checklist

Clothing Essentials

Everyday Wear

- 5-7 comfortable t-shirts
- 4-5 pairs of comfortable pants/shorts
- 2-3 lightweight jackets/sweaters
- Pajamas (2-3 sets)
- Underwear/Pull-ups (8-10 pairs)
- Socks (6-8 pairs)
- Comfortable walking shoes
- Backup shoes
- Sun hat or winter hat (depending on destination)
- Swimwear (if applicable)

Special Clothing Considerations

- Dressy outfit (for special occasions)
- Layers for temperature changes
- Rain jacket or poncho
- Spare clothing in carry-on (for accidents)
- Compression socks for long travels
- Lightweight, quick-dry fabrics
-
-
-
-

Diapering & Hygiene

Diaper Essentials

- Diapers or Pull-ups (1 per 2 hours of travel + extras)
- Diaper cream
- Changing pad
- Disposable diaper bags
- Wet wipes (multiple packs)
- Hand sanitizer
- Portable changing mat
- Diaper rash prevention cream
-
-
-
-

Hygiene Items

- Toothbrush and toddler toothpaste
- Bathing towels
- Washcloths
- Baby soap
- Shampoo
- Nail clippers
- Hairbrush
- Sunscreen (child-safe)
- Lip balm
- Nasal aspirator
- Thermometer
- Medicine dropper
- Small first aid kit

Feeding Supplies

Eating Essentials

- Sippy cups (2-3)
- Snack containers
- Plastic bibs
- Disposable placemats
- Portable utensils
- Collapsible water bottle
- Insulated snack bag
- Variety of healthy snacks
- Portable high chair or seat cover

Feeding Accessories

- Bottles (if still using)
- Bottle cleaning supplies
- Formula or breast milk storage
- Portable bottle warmer
- Bib clips
- Napkins/wet wipes
- Snack catchers
- Portable lunch box
-

Sleeping & Comfort

Sleep Essentials

- Portable travel crib/pack-n-play
- Travel mattress
- Sleep sack
- Favorite blanket
- Comfort toy/lovey
- White noise machine or app
- Pacifiers (if used)
- Travel blackout curtains
- Portable fan
- Lightweight sleeping bag

Travel Documentation

- Passport
- Birth certificate
- Vaccination records
- Travel insurance documents
- Medical information card
- Emergency contact list
-
-
-
-

Health & Safety

Medical Essentials

- Prescription medications
- Pain/fever reducer
- Teething gel
- Allergy medication
- Bandages
- Antiseptic wipes
- Saline drops
- Emergency contact information
- Insurance card copies
- Pediatrician contact details
-

Safety Items

- Car seat
- Portable baby monitor
- Baby carrier or wrap
- Stroller
- Stroller rain cover
- Outlet covers
- Cabinet locks
- Window shade for car/plane
- Personal tracking device
- Emergency whistle
- Small flashlight

Entertainment & Travel Comfort

Toys & Activities

- 4-5 small, portable toys
- Coloring books
- Crayons or washable markers
- Sticker books
- Tablet with downloaded shows
- Headphones (toddler-sized)
- Travel-friendly board games
- Magnetic drawing board
- Small puzzle books
- Play dough
- Favorite stuffed animal

Electronics

- Tablet with downloaded content
- Portable charger
- Child-friendly headphones
- Educational apps
- Offline games
- Bluetooth speaker for music/white noise
-
-
-
-

Scenario-Specific Essentials

Airplane Travel

- Compression socks
- Neck pillow
- Lightweight blanket
- Ear protection
- Chewing gum (for ear pressure)
- Snack variety
- Entertainment kit
- Change of clothes

Road Trip Extras

- Car seat entertainment tray
- Road trip activity pack
- Travel trash bags
- Car seat organizer
- Cooler for snacks
- Portable potty
- Car window sun shades
-

Packing Tips for Toddler Travel

- Pack in clear, labeled bags
- Keep essentials in carry-on
- Bring familiar comfort items
- Pack more than you think you'll need
- Consider destination-specific needs
- Use packing cubes for organization
- Always have a backup plan

Pro Tip: Create a digital and physical copy of this checklist. Customize based on your toddler's specific needs and travel destination!

Additional Recommendations

- Check airline and destination-specific regulations
- Do a trial pack before the trip
- Consider your toddler's age and specific requirements
- Plan for unexpected delays or changes