



Airplane Carry-On Kit for Babies and Toddlers



Some people will tell you to pack light. These people do not have young children. You may have a lot to lug with you, but you'll thank us at 30,000 miles in the air! Depending on your child's age and needs, you may not need all of the items listed.

- Car seat** (Even if not booking a seat for baby – it can be gate checked) and/or **CARES Restraint** from www.KidsFlySafe.com for children who weigh 22 - 44 pounds
- Stroller** (It can be gate-checked too)
- Diapers** (Enough to make it through the flight, plus 3 - 6 extra)
- Diaper Cream** (Tube must be smaller than 4 ounces due to airline regulations)
- Diaper Wipes**
- Changing Pad** (Disposable pads are great!)
- Change of Clothes for Baby** (And maybe one for you)
- Plastic Bags for Soiled Diapers** (Barf bags can be used for this as well)
- Bottles** (Enough to make it through the flight, plus 2 - 3 extra)
- Nursing Cover-Up** (Like one from www.bebeaulait.com)
- Pacifiers** (Plenty of 'em stuffed in more than one bag to make retrieval easy)
- Powdered Formula** (Pre-measured into a plastic container with serving dividers)
- Healthy Snacks**
- “Forbidden” Snacks**
- No-Spill Snack Container**
- A Sippy-Cup**
- Bib** (Plastic-coated so it is easily wiped clean)
- Baby Spoon**
- Baby Fork**
- Baby Food** (In plastic containers - twice as much as you think you will need)
- Baby Medications** (Ibuprofen for sore ears and anything else baby may need – must be 4 oz. or smaller)
- Nose Aspirator** (The blue booger-bulb for infants)
- Digital Armpit Thermometer** (Compact and discreet method of checking for fever)
- Travel DVD player or Video iPod and Plenty of Kid Movies** (And a couple “grown-up” movies for you in case the baby actually sleeps!)
- 3 - 9 Favorite Books** (Depending on the length of the flight)
- 1 – 2 New Books**
- 1 - 2 Favorite Small Toys**
- Cuddle Object** (Favorite blankie or stuffed toy)
- 2 - 6 New Small Toys** (You can gift wrap these for older toddlers to buy some time)
- Pack of Fat Crayons or Washable Markers and a Coloring Book**
- Stickers**
- Flash Cards, Lacing Cards or Other Compact Activity** (For older toddlers)

Visit www.TravelMamas.com for additional packing lists and information on travel with children

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