

DIAPER BAG

Boogie Wipes/Tissues/Qtips/Paci Wipes
SUN - sunglasses /sunblock / hat / bugspray
Plastic bags for soiled
Change of clothes, socks, sweater
Bibs / Burp cloths
Pacifier, Small Toys, Lovies
Health Carry (Tylenol + syringe, RX, 1st Aid
Hand Purifier / Thieves

Diapering Compartment: Panties/Diapers, Wipes, Butt Cream, Disposable Bags, Pad, All-Purpose Balm, Tissues

SNACK PAK:

Formula Mixing: Formula dispenser, Bottled water, More Bottles
Cooler: Breastmilk/Milk, Homemade food, ice packs, more cold food
Water cup, fruit, snacks (crackers, fiber, protein bar, granola, pouches, melts)
Dishes/utensils, antibacterial wipes, Hand Purifier / Thieves

LEAVE IN THE CAR

Stroller, ?Potty, White noise,
Batteries, Shopping Cart Cover, Blankets,
More Diapers/Underwear/Clothes,
Thieves Spray for dirty surfaces,
Health (Pain/fever, syringes, teething, lotion/cream, pedialyte, nose, medicines for special needs or prescriptions)

Mommy's Purse/Compartment: keys, wallet, sunglasses, lip balm, water, snack, gum, pen/post-its, phone (mobile charge cord/square, headphones), nail file, oils, medicine, vitamins, sun (glasses/hats/sunblock/bug spray)

Mom's Car Bag: tissues, deodorant, makeup, tiny wipes, perfume,

ACTIVITY BAG

Toys, coloring (paper, crayons, stickers), dolls, puzzles, magnets

Baby Overnight Pack Suitcase

(Below items should be packed as extra in addition to the Diaper Bag List and Health Bag)

*L = Pack Last Minute

? = Optional or questionable depending where you are going and how much space you have

CLOTHING/ACCESSORIES

- ☐ Baby's Schedule, Notebook, Post-its, Labels, Pen/Sharpie
- ☐ Burp cloths, Blankets
- ☐ ___ Change of clothes for # days + 2 (onesies, pants, dresses, outfits, long sleeve)
- ☐ Sweaters/Sweatshirts/Jackets (extra layer for each outfit)
- ☐ Socks / Shoes to match outfits
- ☐ Shorts/Bloomers
- ☐ Headbands / barrettes / ponytail holders
- ☐ Season/Weather Wear (coats/hats/gloves, swimming, rain gear umbrella) See Beach Bag
- ☐ Toys, Books, Activities

SLEEP

- ☐ ___ PJs/Wearable Blankets for # nights + 2
- ☐ *L Monitor/camera/plugins
- ☐ *L Sound Machine (music / white noise)
- ☐ *L Night Light/Mobile/Stary Ceiling

BEDDING BAG (keep accessible for cozy sleeping on trips)

- ☐ Sleeping Bag
- ☐ Pillows
- *L Favorite Blankets
- *L Lovey, stuffed animals

HEALTH / TOLIETRIES

- ☐ Extra Pacifiers, Paci holders
- ☐ Laundry Detergent
- ☐ Hair Products (brush, spray, bows, bands)
- ☐ Body Lotion
- ☐ Teeth (brush, paste, little flossers)
- ☐ *L Health Bag (should be packed for day trips)
- ☐ Just-In-Case Medicines for Long Trips (in addition to Health Bag): pain/fever, extra syringes, rash cream, pedialyte (travel), tummy medicine, cold medicine, constipation medicine, anti-diarrhea, cough syrup, Benadryl, Nose (Nasal

aspirator, qtips, tissues, nasal spray), extra prescription medicines, teething gel, teething ring, gas drops, nail care, thermometer, Benedryl, Nystatin or Lotrimin

EQUIPMENT

- *L SLEEP EQUIPMENT: Port-A-Crib, Rock N Play (pad, change of sheets), Cot/sheets, foldout couch, blankets, pillow
- *L Gates/Play Yard
- *L Stroller
- *L Car Seat
- *L Booster seat/High Chair
 - ☐ Bouncy seat/Jumper/Swing/Baby Gym
 - ☐ Spare Batteries – bring what need for Must-have items
 - ☐ Tiny Screw driver for replacing batteries
 - ☐ Baby Carrier / Sling
 - ☐ Backpack with Leash
 - ☐ Small Potty for the Road
 - ☐ *L Boppy Pillow

FEEDING/CLEANSING

- ☐ Cold Bag: Cooler, milk, fruit, _____
- *L Formula Mixing
- *L Bottles for milk
- *L Food containers/dishes/bowls/sippy cup
 - ☐ Cereal
 - ☐ Spoons, Forks
 - ☐ Water Bottles
 - ☐ Extra Detergent
 - ☐ Sterilizer Bags, bottle brush, paper towels
 - ☐ Several Bibs
 - ☐ Kids Vitamins/Food Meds: Benefiber, probiotic (fridge), measuring spoons, Any Medicine taken with food, Mel
- *L COLD: Cold Food/Drinks, Homemade Baby Food / Cooler / Ice packs (how many days x servings per day)
- ☐ Store-Bought Baby Food / Snacks (how many days x servings per day)
- ☐ SNACKS: melts, fish,
- ☐ FOOD FOR SLEEP BAG: snacks, protein, bottle/formula/water, breakfast, dish detergent

BATH

- ☐ Towels
- ☐ Washcloths
- ☐ Body wash/Soap
- ☐ Shampoo
- ☐ Bath toys
- ☐ Inflatable Tub

DIAPERING

(like your changing table away from home)

- ☐ Wipes
- ☐ Lots of Diapers
- ☐ Cream
- ☐ Changing pad
- ☐ Small Bags for individual dirty diapers
- ☐ Diaper Pail Bags
- ☐ Thieves Hand Purifier

PACKING FOR SPECIAL CIRCUMSTANCES

BEACH/POOL BAG

Bring to Beach (In addition to diaper bag)

- ☐ Spare bathing suits
- ☐ Spare swim diapers
- ☐ Water Shoes
- ☐ Change of clothes OR Swimsuits
- ☐ ___ Towels
- ☐ Towel Robes
- ☐ Sun block
- ☐ Extra food and cooler
- ☐ Sun Glasses
- ☐ Baby pool
- ☐ Floats/Vests
- ☐ Play Yard or Play Pen
- ☐ Beach umbrella
- ☐ Beach Blankets
- ☐ MOM'S BEACH/POOL- change clothes/bathing suit, cover-up, towel, sunblock, hat, blanket/s, sun glasses, bug spray, lotion, shave, deodorant, snack/water, purse?, phone

Pack to Prep for Beach/Pool

- ☐ bathing suits
- ☐ swim diapers
- ☐ cover-ups

BREASTFEEDING MUST-HAVES

Milk / Cooler / Ice packs

Pump, (tops, bottles/caps, plug, diaphragms, tubes), milk storage bags, something to clean parts
breastfeeding cover, alcohol milk testers, nipple cream, pads, anything else needed for successful breastfeeding.

VISIT TO NON-HOTEL / HOUSE RENTAL

Extra items you may require in a non-hotel situation

- ☐ Linens: sheets, pillows, blankets, towels
- ☐ Household: paper towels, toilet paper, dishwash, silverware, napkins, anti-bacterial wipes, laundry detergent
- ☐ Drinks/Food: cooking supplies, seasoning, cooking oil,

AIRPLANE CARRY-ON

I've never done this with a baby, so copied list of carry-on from *Parenting Magazine's* article "[Travel Mamas Packing List for Babies and Toddlers](#)" Also, be sure to check TSA's restrictions and allowances for babies.

- ☐ Regular Diaper Bag, plus some extras AND be sure liquids/creams are following TSA regulation sizes.
- ☐ Car seat (Even if not booking a seat for baby - it can be gate checked)
- ☐ CARES Child Safety Restraint (kidsflysafe.com for children 22 - 44 lbs)
- ☐ Stroller (It can be gate-checked too)
- ☐ Extra Change of Clothes for Baby (And maybe one for you)
- ☐ Bottles (Enough to make it through the flight, plus 2 - 3 extra)
- ☐ Breastfeeding & Nursing Necessities
- ☐ 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
- ☐ Bib (Plastic-coated so it is easily wiped clean)
- ☐ E-Entertainment: 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 - 5 Favorite Books, 1 - 2 New Books
- ☐ 2-4 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 Crayons or Washable Markers and a Coloring Book
- ☐ Stickers, Flash Cards, or Other Compact Activity (For older toddlers)