

# TRAVELLING WITH A NEW BABY

## *Airplane bag packing list*

### Essentials

- Baby's passport
- Baby's birth certificate (if needed)
- GPs letter (if needed)
- Child health record
- iPhone and charger

### Nappy bag

*Place these items in a separate zipped pouch to grab and go*

- 8 nappies
- 10 nappy sacks
- 2 packs wipes
- 1 pack antibacterial wipes
- 1 travel size nappy cream
- 1 changing mat - plastic or disposable

### Clothing

- 5 muslin cloths
- 1 blanket
- 3 sleepsuits for baby
- 1 change of clothes for you
- 1 change of clothes for you
- 5 bibs
- 2 sleeping bags (if using)
- 3 large ziplock bags for soiled clothes

### Feeds

- 4 sterilised bottles (more if longhaul flight)
- Sterilised water for feeds
- Formula (if using)

*If baby is weaned:*

- 1 pot baby food per meal
- 2 plastic spoons
- 1 bag finger food snacks

### In flight entertainment

- 2 teething ring
- 6 small toys in plastic bag
- 2 baby books

### Comfort:

- 4 sachets infant paracetamol (2 months+)
- 4 sachets infant ibuprofen (3 months+)
- 2 dummies (with strings or attachments to stop them dropping between seats)