

# Packing list for baby's suitcase

## *Travelling with a newborn for 7 days*

### Essential documents

- Baby's passport
- Baby's birth certificate
- GPs sign off letter
- GP's phone number
- Paediatrician details at destination
- Travel insurance
- Child health record or red book

### Bottle feeding

- 8 sterilised bottles  
(depending on baby's feeds per day)
- 8 teats
- 2 boxes powdered formula  
(in case one is spilled or damaged)
- 8 sterilising tablets

### *If baby is weaned:*

- 4 plastic spoons
- 4 plastic bowls
- 2 packets baby cereal
- 3 packets baby snacks
- 7 jars baby food (if using)

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### Baby equipment

- 1 travel stroller
- 1 sling
- 1 baby monitor
- 1 nightlight
- 6 travel adaptors
- 1 breastpump (if needed)
- 1 flask for sterilized water or hot water for bottle warming

### *Optional extras*

- Travel cot
- Car seat
- Stick on black-out blinds
- Portable feeding seat
- Small steamer/blender for baby's puree

### Nappy station

- 60 nappies  
(8 per day of holiday plus 4 more for the return journey)
- 5 packs baby wipes
- 1 pack antibacterial wipes
- 1 travel size nappy cream
- 1 changing mat plastic OR
- 8 disposable change mats
- 1 packet nappy sacks

## Clothing

- 8 short or long sleeved vests
- 8 sleeveless vests
- 8 sleepsuits
- 8 leggings
- 8 tops
- 8 pairs of socks
- 2 pairs of booties
- 3 cotton hats
- 8 sleeping bags

## Covers and blankets

- 3 cot sheets
- 2 mattress protectors
- 2 blankets
- 15 muslin cloths
- 15 bibs

## Mini cleaning bag

- 1 bottle brush
- 1 travel dishwashing soap  
(travel bottle for cleaning bottles)
- 1 travel handwashing liquid  
(travel bottle for washing clothes/muslins)
- 1 cleaning sponge



## Baby care

- 3 dummies / pacifiers
- 1 pair baby nail scissors
- 1 baby hair brush
- 1 small pot Vaseline
- 1 baby sponge
- 1 baby shampoo and bath wash
- 10 cotton pads

## Play time

- 10 small toys
- 6 books
- 1 large playmat
- 2 teethers

## Baby first aid kit

- 1 bottle infant paracetamol  
(for over 2 months - check instructions)
- 1 bottle infant ibuprofen  
(for over 3 months - check instructions)
- 1 pot vapour rub  
(approved for babies)
- 1 infant thermometer
- 4 rubbing alcohol swabs
- 1 pair tweezers
- 5 saline water drops
- 1 bulb syringe (for stuffy noses)
- 10 cotton buds

# Summer holiday Extra items

## Clothing

- 8 additional sleeveless vests
- 8 swimming nappies (for older babies)
- 3 swimsuits (for older babies)
- 8 sleeping bags to be lightweight if using (1 tog)
- 3 baby sunhats

## Accessories

- 2 pairs baby sunglasses
- 1 sun parasol for buggy
- 2 bottles baby sunscreen (if over 6 months)

## Optional extras

- UV pop-up tent
- Portable cooler or ice pack

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# Winter holiday Extra items

## Clothing

- 8 additional sleeveless vests
- 8 jumpers
- 2 snowsuits
- 2 warm hats
- 4 pairs of mittens
- 8 warm sleeping bags

## Accessories

- 1 footmuff for buggy

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