



What to pack for a trip with a baby (0-12 months) by katytravelblog.com

Bath	
Inflatable pool – can be used as a bathtub	
Bath support (optional, if there's space)	
Towel	
Bath oil/soap	
Bath sponge	
Moisturizing cream / massage oil	
Bath toys	

Medicines	
Vitamin D	
Iron drops	
Thermometer	
Paracetamol – *in carry-on	
Nurofen – *in carry-on	
Sterile eye wipes	
Band-aids	
Diaper rash cream	
Teething pain gel	
Saline spray for congestion	
Mosquito repellent (test on skin before travel)	
Wipes for post-bite irritation	
Tyto	
Request prescriptions from the doctor before travel (pack all in carry-on)	
Ear drops (also for takeoff and landing) - *in carry-on	
Eye drops / eye ointment	
Fenistil drops	
Antibiotic ointment (Syntomycin) for cuts/scratches	

Food	
Formula – one in carry-on, the rest in suitcase	
Formula dispenser	
Bottles – *in carry-on	
Bottle for boiled water – *in carry-on	
Fruit and vegetable smoothies	
Bottle cleaning brush	
Dish soap	
Sterilizer / sterilization bags	
Lemon salt to clean hotel kettle	
Feeding bib	
Spoons (2)	
Highchair adapter for restaurants	
Water bottle (2)	
Small cloths (2 for each day of travel)	

Sleep	
Swaddle/sleep sack/blanket	



Crib sheet - 2	
Monitor (camera + screen) - if staying in a room with a balcony and you want to sit outside in the evening	
Pacifiers - *in carry-on	
Toothbrush	
Toothpaste	
Books (2-3)	

Diapering (pack half in carry-on/on-board bag)	
Diaper cream	
Wipes - one pack for every 4 days of travel	
Disposable changing pads	
Diapers – 10 per day	

Laundry	
Laundry bag	
Laundry detergent (for laundry service use if needed)	
Fabric softener (for laundry service use if needed)	
Clothespins if there's no dryer	

Flight	
Always dress the child in long pants and bring socks – airports are cold places!	
Passport!	
Always pack change of clothes – at least two sets	
Bag for stroller	
Flight toys: stickers, papers and markers, window-suction toys, small toys for seated play, etc.	
Baby Carrier – take to cabin!	
Inflatable cushion to extend seat if there's a free seat	
Flight blanket	
Pacifier with strap	
Socks for flight	

Swimming	
Swim diaper – 2 for each day near sea/pool	
Swimsuit - 2	
Sun Hat	
Sunscreen: face and body	
Beach towel	
Arm bands / floaties	
Pool toys	
Inflatable pool for beach (can use the one from the bath and just clean it)	

Toys	
Foldable play mat – if the baby is small and the trip suits it	
Activity arch – if the baby is small and the trip suits it	
Play arch	
Toys	



Teethers	
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General	
Stroller sheet / padding for stroller - 2	
Large cloths – 5	
Nail clippers	
Rain cover for stroller	
Clothes – 2 outfits per day	
Socks	
Pajamas (2-3)	
Warm clothes (even for warm destinations, take one warm set)	
Stroller blanket	
Comb	
Hair ties	