



TRAVEL WITH BABY

On the plane

- ☐ Passport documents
 - ☐ Snacks (cookies, smoothies,...)
 - ☐ Baby carrier
 - ☐ 2-3 baby bottles
 - ☐ Sea salt nose drops for take off and landing (30 min prior)
 - ☐ Diaper changing mat
 - ☐ Diapers and wet wipes
 - ☐ Soft blanket
 - ☐ Small books
 - ☐ Swaddle to protect sleeping baby
 - ☐ 2 extra sets of clothes
 - ☐ Enough baby meals
- If you do not (anymore) breastfeed:
- ☐ Hot water bottle
 - ☐ Drinking bottle with cold water
 - ☐ Milk powder (pre-measured)

On the go/ in the hotel

- ☐ Stroller with sun/rain cover
- ☐ Stroller transport bag
- ☐ Diaper back pack (much better than a hand bag)
- ☐ Mosquito protection spray/cream for babies
- ☐ Tooth brush/ tooth paste
- ☐ Baby bouncer (usually fits into stroller transport bag)
- ☐ Leak-proof drinking bottle
- ☐ Diapers (I always found it easier to bring them with me from home)
- ☐ Disposable diaper bags
- ☐ Laundry powder
- ☐ Dish wash (for milk bottles)
- ☐ Enough clothes (but keep in mind you can also wash clothes)

At the beach

- ☐ Water wings
- ☐ Summer hat
- ☐ Sunglasses
- ☐ Sun screen SPF50
- ☐ Multi-use blanket (for cover, shade, towel, wrap)
- ☐ Beanie, if it can be windy
- ☐ (reusable) swim nappies
- ☐ Swim wear

First-aid kit*

- ☐ Painkiller for babies
- ☐ Fever medicine
- ☐ Nasal spray or drops
- ☐ Waterproof plasters
- ☐ Wound spray
- ☐ Eye drops for eye inflammation
- ☐ Healing ointment cream
- ☐ Clinical thermometer
- ☐ Electrolyte solution
- ☐ Tweezers

*this is no medical advice, just my personal experience

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