



TRAVEL CHECKLIST

FLYING WITH BABIES AND LITTLE KIDS

☐ Getting Through Security

Laceless Shoes - for you and them. It simplifies and speeds up the process.

Stroller - Take it. Most airports have a separate security line for strollers. It's better.

Formula and/or breast milk needs to be in a bottle.

☐ Ear Pressure

Bring something for them to suck on during takeoff and landing. Give babies a binky or bottle and the little ones a lollipop or sippy cup.

☐ Snacks

Food will help their contentment. Chewing can also help with the ear pressure. Bring snacks out gradually in small amounts (cereal, crackers, etc.). You want it to last and avoid stomachaches from overeating.

☐ Bottles/Sippy Cups

Don't rely on the airline's beverages for your kids in case of turbulence or a delay in service. If you want milk, bring it in a bottle (for security) or buy it in the airport. Bring your own drinks for takeoff.

☐ Movies and Headphones

Download the latest kids' movie/show or pick it up at Redbox. Perhaps cut out movies the week leading up to your trip, so they are hungry for it.

☐ Extra Outfits

Carry at least two extra outfits with you and clothes for them to sleep in. Make sure they are warm (planes get cold) in case your luggage is delayed.

☐ Diapers, Wipes, and Changing Pad

Take the amount you go through in a day plus a few extra. You never know when you might get stuck and you DO NOT want to run out. Don't forget the pad. Not all airlines have changing tables in the lavatories, so the pad is essential. No changing on the tray table!

☐ Toys

Bring 3 of their favorite small toys, or go to the Dollar Store and wrap new surprises that will entertain them.

If you forget a baby's toys, you can always ask a flight attendant for a drink cup with a lid. Put pretzels in it and you have a makeshift baby rattle.

☐ Coloring Books and Crayons

Look for activity books and coloring pages that highlight the places you are traveling to. Maybe bring a note book or folder for your child to use as a travel journal for the trip. Let them draw on and decorate with stickers during the flight.

☐ Small Blanket

It can help with diaper changes and keep them warm.

☐ Child Roller Bags

From the moment your child can walk, give them a child size roller bag. They will love rolling it though the airport and it actually slows them down. You can fill it full of their toys, food, and activities to free your hands.