

The Ultimate Baby Travel Essentials Checklist

Printable Packing List for Parents (2025)

■ = to pack ■ = packed

The Diaper Bag: Your On-the-Go Command Center

- Diapers — at least one per hour of travel + extras (add ~2/day buffer)
- Wipes — full pack for suitcase + slim travel pack for diaper bag
- Diaper rash cream — travel-size
- Portable changing pad
- Hand sanitizer
- Disposable diaper sacks — for sealing dirty diapers
- Pacifiers — at least two, plus a pacifier clip
- Full change of clothes for baby — zippered sleeper is easiest
- Extra shirt for you
- Small toy or teether
- Burp cloths — two for active travel time

Feeding Essentials

- Formula — pre-measured powder in a dispenser (if needed)
- Bottles — enough for trip or bring travel soap + brush
- Nursing cover (if you use one)
- Breast pump & accessories (if needed)
- Baby food/snacks — pouches and puffs travel well
- Spoons & bibs
- Sippy cup or water bottle
- Insulated bottle bag

Clothing

- Bodysuits/onesies — short-sleeve and long-sleeve
- Pants/leggings
- Sleepers/pajamas — one per night + one extra
- Socks/booties — pack extra pairs
- Sweater or jacket
- Sun hat or warm hat (destination dependent)
- Special-occasion outfit (optional)
- Laundry bag for dirty clothes

Sleeping Gear

- Portable travel crib or bassinet
- Fitted sheets for travel crib (at least two)
- Sleep sack or swaddle
- Portable white noise machine
- Baby monitor (if baby sleeps in separate room)
- Familiar 'lovie' or stuffed animal

Health & Safety

- Prescription medications (as applicable)
- Infant pain/fever reducer (acetaminophen/'Tylenol')
- Nasal aspirator & saline spray
- Digital thermometer
- Baby-safe sunscreen (6+ months)
- Baby-safe insect repellent (if needed)
- Baby nail clippers/file
- Adhesive bandages

The Big Gear

- Infant car seat — non-negotiable for safety
- Stroller — lightweight travel stroller recommended
- Baby carrier or wrap — for hands-free convenience

Important Documents

- Birth certificate copy (some airlines require for lap infants)
- Passport (if traveling internationally)
- Health insurance cards
- Pediatrician contact info

What NOT to Pack (and Why)

- Full-size diaper pail — disposable bags are fine for trips
- Too many toys — bring 2–3 small versatile favorites
- Baby bathtub — use a sink or a towel in a regular tub
- Bottle sterilizer — hot, soapy water is sufficient on the go

Source: <https://babyiteminsights.com/baby-travel-checklist/>