



CHECKLIST



ESSENTIAL TRAVEL KIT FOR KIDS



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CHECKLIST



SLEEP ESSENTIALS

- Travel cot or portable crib
- Familiar bed sheets
(unwashed to keep home scent)
- White noise machine
- Baby's favourite comfort toy
- Sleeping bag or sleep sack
- Portable blackout curtains or garbage bags with tape
- Snooze shade or slumber pod for travel cot



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TRANSPORTATION ITEMS

- Stroller with sun-shade cover
- Baby carrier
- Car seat (if traveling by car)
- Plane pal cushion (for air travel)
- Baby headset with sound protection (for air travel)





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FEEDING ESSENTIALS

- Portable chair or chair booster (if baby eats solids)
- Bottles, formula, and feeding supplies (if applicable)





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COMFORT & SAFETY

- Favourite toys from home
- Audio baby monitor
- Baby-safe sunscreen





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ON THE GO NAP AID

- Pram sleep shade
- Portable white noise machine or app





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CLEANING & HYGIENE

- Diapers and wipes
- Hand sanitizer
- Changing pad





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CLOTHING

- Weather-appropriate outfits
- Extra clothes for change





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DOCUMENTS

- Baby's travel documents (passport, birth certificate)
- Health insurance information
- Vaccination records
- Consent for a child travelling with the other parent





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TRAVEL TIPS

- Stick to your baby's routine as much as possible (80/20 rule)
- Create a familiar sleep environment in new locations
- Be flexible with naps during travel days
- Adjust gradually to new time zones
- Allow time for your baby to get used to new environments

80/20
rule



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**ENJOY YOUR
TRIP!**



SAFE TRAVELS!

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