

# Travel Bag Checklist



- Bibs x 3
- Blanket - 1 for warmth, 1 lightweight and dark for light blocking
- Changing mats - disposable
- Cloth nappy squares x 2
- Clothing - 2 - 3 spare outfits, pjs if overnight, think comfort and convenience, layers for fluctuating temperatures - change of clothes for you too!
- Comforter - cuddly or familiar item from home
- Dummy x 3 - on dummy clip, spares in a case or ziplock bag
- First aid kit - pamol, syringe, thermometer
- Food, snacks, more snacks
- Formula dispenser, bottles, boiled water, sterilising tablets
- Front pack or sling
- iPad, charger, headphones
- Nappies - 1 per hour of travel, plus a couple spare
- Nappy bags or ziplock bags for soiled clothing
- Nappy cream
- Sanitiser, antibacterial wipes
- Stroller - fully reclining for naps on the go
- Swaddle or sleep suit x 2
- Toothbrush, toothpaste
- Toys, books, teether
- Water bottle or cup
- White noise machine
- Wipes

## Entertainment ideas:

- Stickers, colouring, water pad, post-it notes, painter's tape, pom-poms, plasters
- Baby busy book, magnet or sticker book, mini etch-a-sketch
- Finger puppets, koosh ball, fidget spinners, pop-its
- Window stickers, tape or gel clings
- Small objects such as dinosaurs or figures wrapped in tin foil or paper
- Walking up and down aisle, peek-a-boo, songs, finger-plays
- Snacks in compartment containers
- iPad and headphones for toddler