

A baby with light brown hair, wearing a grey and white striped long-sleeved shirt, is seen from behind, looking out of an airplane window. The window shows an airport tarmac with a large white airplane and other smaller aircraft in the distance under a blue sky with light clouds. The text "FLYING WITH BABY" is overlaid in large, bold, black, sans-serif capital letters across the middle of the image.

FLYING WITH BABY

— DIAPER BAG CHECKLIST —



TOO MANY DIAPERS

BECAUSE YOU CAN NEVER HAVE TOO MANY DIAPERS!

FUN FACT: I'VE GONE THROUGH FIVE DIAPERS IN A SINGLE CHANGING DUE TO UNEXPECTED POOPS, PEES AND TORN DIAPER TABS SO TRUST ME, YOU CAN NEVER BE TOO PREPARED.

BRING 1 DIAPER PER HOUR OF TRAVEL + A FEW EXTRA!

IT'S BETTER TO HAVE SPARE DIAPERS LEFT AT THE END OF THE FLIGHT THAN NOT ENOUGH WHEN YOU'RE STUCK ON A PLANE!



WIPES FOR EVERYTHING

DIFFERENT WIPES SERVE DIFFERENT PURPOSES AND YOU WANT ALL BASES COVERED WHEN TRAVELING!

1. **BABY WIPES FOR DIAPER CHANGES.**
2. **STRONG ANTIBACTERIAL WIPES FOR SURFACES BECAUSE PLANES ARE DIRTY.**
3. **PACIFIER/TEETHER/BOTTLE WIPES BECAUSE KIDS DROP EVERYTHING AND PUT EVERYTHING IN THEIR MOUTHS...AND AGAIN, PLANES ARE DIRTY.**
4. **GENTLE ANTIBACTERIAL WIPES FOR FACES AND HANDS BECAUSE KIDS ARE MESSY.**



DIAPER CREAM

BRING WHATEVER DIAPER CREAM YOU USE REGULARLY PLUS SOMETHING STRONGER TO TREAT A DIAPER RASH, SHOULD ONE POP UP MID-FLIGHT. THESE THINGS HAPPEN FAST AND NEED TO BE TREATED ASAP OR THEY WILL GET WORSE. A 12 HOUR+ TRAVEL DAY IS A LONG TIME FOR BABY TO BE SITTING WITH A DIAPER RASH SO IT'S BEST TO BE PREPARED!



ECZEMA CREAM

IF YOUR BABY HAS ECZEMA OR ANY OTHER SKIN CONDITION, MAKE SURE YOU HAVE THE NECESSARY CREAM/OINTMENT ON HAND BECAUSE PLANES ARE DRY AND FULL OF BACTERIA!



CHANGING PAD

THE CHANGING AREAS IN AIRPORTS AND ON PLANES ARE OBVIOUSLY NOT SANITARY SURFACES TO LAY BABY ON SO MAKE SURE YOU HAVE A WIPEABLE CHANGING PAD TO LAY DOWN FOR ALL DIAPER CHANGES.



BURP CLOTHS

THIS IS ONE THING I ALWAYS NEED AND OFTEN FORGET SO MAKE SURE YOU HAVE AT LEAST 2 WITH YOU FOR YOUR TRAVEL DAY. THEY ARE GREAT FOR ANY SPILLS, SPIT UPS AND MESSY FACES AND HANDS.



SPARE CLOTHES

1. 2-3 SPARE OUTFITS FOR BABY DEPENDING ON THE LENGTH OF YOUR TRAVEL DAY. KEEP IT SIMPLE AND COMPACT, ONESIES WILL DO! BLOWOUTS HAPPEN. SPIT UP HAPPENS. AND THESE THINGS CAN HAPPEN MORE THAN ONCE IN A DAY SO BRING SEVERAL CHANGES AS YOU DON'T WANT BABY TO WIND UP NAKED BY THE TIME YOU ARRIVE AT YOUR DESTINATION!

2. AT LEAST 1 SPARE SHIRT FOR YOU BECAUSE YOU ARE JUST AS LIKELY TO BE THE VICTIM OF A SPIT UP INCIDENT AS YOUR BABY THEMSELVES. YOU CAN PACK ONE IN YOUR BAG OR IF YOU WANT TO SAVE ROOM, JUST LAYER UP WITH WHAT YOU'RE WEARING FOR THE DAY SO YOU CAN REMOVE A LAYER AS NEEDED!



FOOD/DRINK NEEDS

AIRPORTS ARE VERY ACCOMMODATING OF BABY'S FEEDING/DRINKING NEEDS SO COME FULLY STOCKED!

- 1. IF BREASTFEEDING, BRING A NURSING COVER FOR IN-SEAT FEEDS ON THE PLANE.**
- 2. LOTS OF BOTTLES - WITH NOWHERE TO WASH/STERILIZE BOTTLES IT'S BEST TO BRING MORE THAN ENOUGH. BABY MAY NOT SLEEP OR THERE MAY BE A DELAY OR EMERGENCY LANDING THAT ADDS TIME TO YOUR TRAVEL DAY!**
- 3. FORMULA - AGAIN, BRING MORE THAN YOU NEED IN CASE OF DELAYS, SPILLS, EXPIRED BOTTLES (NOWHERE TO REFRIGERATE IS BABY DECIDES THEY'RE NOT HUNGRY!)**



FOOD/DRINK NEEDS

4. WATER FOR FORMULA - YOU CAN BRING WATER THROUGH SECURITY IF IT IS FOR YOUR BABY. YOU CAN OBVIOUSLY BUY WATER AT THE AIRPORT BUT IT'S GOOD TO BRING SOME WITH YOU FOR A QUICK BOTTLE IF THEY'RE HUNGRY BEFORE YOU CAN GET TO A SHOP!

5. SIPPY CUP/UTENSILS

6. INSULATED BAG WITH ICE PACK - FOR BREASTMILK OR BABY FOOD, IF NEEDED.

7. SNACKS, PUREES - AGAIN, BEST TO BRING MORE THAN YOU THINK YOU NEED DUE TO UNEXPECTED ADDITIONAL TRAVEL TIME.



PACIFIER

IF YOUR BABY HAS FIGURED OUT HOW TO USE A PACIFIER, YOU'RE IN LUCK! THIS IS OUR FAILSAFE FOR ANY OUTBURSTS. IT INSTANTLY CALMS OUR GIRL DOWN.

IF YOUR LITTLE ONE HAS A STUFFED ANIMAL OR BLANKY THAT GIVES THEM COMFORT, MAKE SURE THAT IS ON HAND FOR ANY TEARY MOMENTS, SHOULD YOU NEED IT!

A PACIFIER ALSO COMES IN VERY HANDY FOR TAKE OFF AND LANDING, WHICH CAUSES EARS TO POP. THIS IS A NEW SENSATION FOR BABY. IT CAN FREAK THEM OUT OR EVEN CAUSE DISCOMFORT OR PAIN. THE SUCKING COMFORTS AND EASES THE PRESSURE AT THE SAME TIME. IF THEY'RE NOT INTO PACIFIERS, A BOTTLE OR BOOB WILL DO THE SAME TRICK!



MEDICATION

I'M SURE THIS GOES WITHOUT SAYING BUT OBVIOUSLY BRING ANY MEDICATION YOUR BABY MAY NEED. IF TAKEN ORALLY, IT'S BEST TO BRING SPARE SYRINGES AS THERE IS NOWHERE TO WASH/STERILIZE SYRINGES AFTER FIRST USE.



GRIPE WATER

I'VE USED GRIPE WATER SINCE MY BABY WAS VERY SMALL FOR GAS/TUMMY TROUBLE. THOUGH SHE DOESN'T NEED IT FOR THOSE REASONS ANYMORE, IT IS STILL MY GO-TO QUICK FIX FOR HER HICCUPS WHEN SHE GETS THEM SO I LIKE TO BRING IT WITH ME, JUST IN CASE!



ZIP LOCK BAGS

THESE TAKE UP NO ROOM AND WILL COME IN VERY HANDY!

1. SMALL ZIP LOCK BAGS FOR STINKY DIRTY DIAPERS
BECAUSE AIRPLANE BATHROOMS ARE SMALL CONFINED SPACES AND IT'S JUST POLITE.

2. MEDIUM ZIP LOCK BAGS FOR DIRTY CLOTHES

2. LARGE ZIP LOCK BAGS FOR DIRTY BOTTLES BECAUSE YOU CAN RINSE DIRTY BOTTLES IN THE PLANE BATHROOMS BUT IT'S BEST TO KEEP THEM CONTAINED SO ANY LINGERING FORMULA/BREASTMILK DOESN'T GET ON YOUR DIAPER BAG AND YOU DON'T MISTAKE THEM FOR CLEAN BOTTLES AND REUSE THEM MID-FLIGHT.



ENTERTAINMENT

DEPENDING ON YOUR CHILD'S AGE, THEIR SOURCE OF ENTERTAINMENT WILL VARY. FOR TODDLERS AND OLDER KIDS, (IF YOU'RE COOL WITH SCREEN TIME) AN IPAD WILL BE YOUR SAVING GRACE!

GAMES THAT YOU CAN PLAY WITH THEM OVER AND OVER WILL ALSO KILL TIME AND KEEP THEM ENGAGED! A DECK OF CARDS AND A NOTEPAD WITH MARKERS GIVE ENDLESS OPTIONS!

FOR BABIES, BRING A FEW OF THEIR FAVORITE NOISE-FREE TOYS THAT YOU CAN ALTERNATE BETWEEN TO KEEP THEM ENTERTAINED. ONLY PRESENT ONE TOY AT A TIME SO THEY DON'T GET BORED TOO QUICKLY.



EXTRAS

THESE THINGS AREN'T FOR YOUR DIAPER BAG BUT THEY'RE SOME EXTRAS THAT YOU'LL APPRECIATE HAVING ON HAND!

1. WIRELESS HEADPHONES & BLUETOOTH RECEIVER - WIRELESS HEADPHONES ARE A MUST WHEN FLYING WITH A CONSTANTLY IN-MOTION CHILD AND NOW, YOU CAN GO WIRE FREE ON A PLANE WITH AN AUX BLUETOOTH RECEIVER!

2. CAR SEAT - WE FLEW WITHOUT ONE SO IT'S DEFINITELY NOT NECESSARY IF YOU WANT TO SAVE MONEY AND KEEP YOUR INFANT ON YOUR LAP BUT FOR LONG HAUL, I'D STRONGLY RECOMMEND BUYING A SEAT FOR THEM TO FLY IN THEIR OWN CAR SEAT BECAUSE THEY WILL SLEEP MUCH BETTER. LEARN FROM MY 12 HOURS OF NO SLEEP MISTAKES!



EXTRAS

3. CARRIER - IF YOUR BABY PREFERS TO BE CARRIED THAN STRAPPED INTO THEIR STROLLER, BRING A CARRIER TO MAKE LUGGING THEM AROUND THE AIRPORT EASIER WITH YOUR HANDS FREE! THIS WILL ALSO COME IN HANDY IF THEY'RE RESTLESS ON THE PLANE AND YOU NEED TO PACE THE AISLES!

4. STROLLER/CAR SEAT BAGS - THIS WILL KEEP YOUR CAR SEAT/STROLLER CLEAN AND HOPEFULLY SAVE IT FROM POTENTIAL DAMAGE/SCRATCHES AS AIRPORT CREW AREN'T KNOWN FOR BEING GENTLE WHEN HANDLING YOUR THINGS.

5. NECK PILLOW - SADLY, NOT LIKELY FOR MUCH SLEEP BUT THIS WILL COME IN HANDY FOR FEEDING/HOLDING BABY AND TRAVELS MUCH EASIER THAN A NURSING PILLOW!