



Your Baby's First Flight Diaper Bag Packing List

The Essentials

- The Baby's ID
- 6 Diapers
- A changing pad
- Diaper cream
- A bottle or boobs
- Breast milk** (in an insulated bag with an ice pack) **or formula** (three-bottles worth)
- A small travel bottle with dish soap
- Two changes of baby clothes
- A change of clothes for you (suggestions: a shirt or jersey dress)
- A thin swaddle
- A baby hat
- Two burp cloths
- Two pacifiers with clothing clips (if you use them)
- Two teethingers with clothing clips (if you use them)
- Travel-size tissues
- Hand sanitizer
- Sanitary wipes
- 3 plastic grocery bags
- Saline drops, gas relief drops, and a fever reducer
- Any additional medications
- 3 Food packets and/or dry finger foods if your baby is eating (4 months+)

Useful add-ons

- A second bottle
- Finger puppets and a few board books
- Bribery bags** (A few baggies with earplugs and a friendly note for your neighbors)
- A **Wash-It-Later bag** (Washitlater.com)
- A **book or magazine** with any luck, that baby will fall asleep!
- Additional item:*
- Additional item:*