



# TRAVELLING WITH A TODDLER - CHECKLIST

Hitting the road or taking off tomorrow? Don't panic!

Here's the checklist of things you'll need on the way. Pack them into your airplane carry on luggage

## ITEMS

<input type="checkbox"/> <b>PASSPORTS AND TRAVEL DOCUMENTS</b> <b>Remember:</b> babies and children are required to have a passport for travelling abroad, but are not required to have ID for domestic	<input type="checkbox"/> <b>DISINFECTIVE HAND GEL</b> And other necessary toiletries. Remember about TSA guidelines regarding liquids!
<input type="checkbox"/> <b>DIAPERS</b> Take more than you would typically pack.	<input type="checkbox"/> <b>QUIET TOYS AND BOOKS</b> Do not forget your child's favorites!
<input type="checkbox"/> <b>WIPES</b>	<input type="checkbox"/> <b>CHANGE OF CLOTHES</b> Think about PJ's as well. Putting them on will help set the stage for sleep.
<input type="checkbox"/> <b>DISPOSABLE OR REUSABLE CHANGING PADS</b>	<input type="checkbox"/> <b>A LIGHT BLANKET, JACKET OR SWEATER</b> For your child that you can add or remove depending on the temperature of the plane.
<input type="checkbox"/> <b>TISSUES</b>	<input type="checkbox"/> <b>CHANGE OF T-SHIRT FOR YOU</b> Just in case.
<input type="checkbox"/> <b>MEDICATIONS</b> Any medications you or your child might need on the trip.	<input type="checkbox"/> <b>WASHABLE BIB</b>
<input type="checkbox"/> <b>PLASTIC BAGS FOR SOILED DIAPERS</b>	<input type="checkbox"/> <b>FAA APPROVED CAR SEAT OR SEAT BELT FOR TODDLER OR OLDER KID</b>

## SNACKS

<input type="checkbox"/> <b>SIPPY CUPS, CANTEENS, OR BOTTLES</b> Encourage your toddler to drink plenty of liquids to avoid dehydration. It will also help him to deal with pressure changes during takeoff and landing.	<input type="checkbox"/>
<input type="checkbox"/> <b>LOW SUGAR SNACK FOOD</b>	<input type="checkbox"/>
<input type="checkbox"/> <b>NON PERISHABLE FOOD</b> Especially if you're travelling during mealtime. Don't count on the plane food.	<input type="checkbox"/>

ANOTHER EXTREMELY IMPORTANT THINGS THAT WE MIGHT HAVE FORGOTTEN BUT YOU KNOW YOU'LL NEED THEM:

