



The "Little Human" Logistics List



The Diaper Bag (Carry-On Essentials)

This is your lifeline during transit. Do not check these items.

- **Diapers / Pull-ups** (The Golden Rule: Pack 1 diaper for every hour of travel door-to-door, plus 5 extras for delays.)
- **Wipes** (Bring a full pack. You will use them for bottoms, hands, tray tables, and spills.)
- **Changing Pad** (Portable, wipeable mat)
- **Diaper Cream** (Travel size)
- **Wet Dry Bag / Ziploc Bags** (CRITICAL for containing clothes after a "blowout" or leak.)
- **Hand Sanitizer** (Clip it to the outside of the bag for easy access.)
- **Pacifiers / Soothers** (Bring 3-4. If one drops on the airport floor, it is dead to you. Have backups.)
- **Pacifier Clip** (So they don't hit the floor in the first place.)



Feeding: Milk & Formula

Note: TSA/Security allows breast milk, formula, and juice in quantities >100ml for babies. Just declare it to the agent.

- **Formula Powder** (Use a pre-measured dispenser tower to avoid scooping mess on a plane.)
- **Bottles** (Bring enough for the flight + 1 extra.)
- **Breast Pump & Parts** (If pumping. Don't forget the batteries/manual handle in case you can't find a plug.)
- **Milk Storage Bags**
- **Nursing Cover / Muslin Cloth** (Versatile: works as a blanket, sunshade, or burp cloth.)
- **Bottle Brush & Travel Soap** (Small amount of dish soap to wash bottles in the hotel sink.)



Feeding: Solids & Snacks

- **Bibs** (Silicone catch-all bibs are best; wipe clean and dry instantly.)
- **Baby Spoons**
- **Pouches** (Fruit/Veggie pouches are the easiest travel food. No mess, no spoon needed.)
- **The "Distraction Snacks"** (Puffs, yogurt melts, crackers. Food that takes a long time to eat occupies them for 15 minutes.)

- **Sippy Cup / Straw Cup** (Empty through security, fill with water at the gate.)

Sleep System (The Holy Grail)

If they don't sleep, you don't sleep.

- **Portable Crib / Pack 'n Play** (Check if your hotel/Airbnb provides one. If bringing yours, practice setting it up first.)
- **Crib Sheet** (Bring one from home that hasn't been washed immediately before the trip. The "smell of home" helps them settle in a new place.)
- **Sleep Sack / Swaddle**
- **White Noise Machine** (Portable, battery-operated. Hotels are noisy.)
- **Blackout Solution** (Portable blackout curtains with suction cups, OR black trash bags + painter's tape to cover windows.)
- **Baby Monitor** (If you are in a suite/Airbnb and want to sit on the balcony while they sleep.)

Clothing

- **Baby Outfits** (2 outfits per day. Laundry is hard to find.)
- **Pajamas** (x2-3)
- **Socks / Booties**
- **Sun Hat / Winter Hat**
- **The "Parent Backup Shirt"** (Pack a spare t-shirt for *yourself* in the carry-on. If the baby spits up on you mid-flight, you do not want to sit in it for 4 hours.)

Baby Medicine Cabinet

- **Baby Tylenol / Motrin** (Know the dosage for your child's weight.)
- **Thermometer**
- **Nasal Aspirator** (NoseFrida or bulb)
- **Teething Gel / Tablets**
- **Baby Sunscreen** (If over 6 months)
- **Band-Aids** (Character band-aids fix everything for toddlers.)

Entertainment & Gear

- **Stroller** (Travel strollers that fit in overhead bins are great. If checking a large stroller, use a **Stroller Gate Check Bag** to protect it from grease/damage.)
- **Baby Carrier** (Ergobaby/Bjorn/Wrap. Essential for boarding the plane hands-free and walking the aisle to soothe a crying baby.)
- **Painter's Tape** (For toddlers: Taping things to the tray table and peeling it off provides 30 minutes of silence. Trust me.)
- **New Toy** (Buy a cheap toy they haven't seen before. Reveal it during a meltdown.)

- [] **Tablet** (If you do screen time, download shows for *offline* viewing. Netflix doesn't work in the air without Wi-Fi.)
 - [] **Toddler Headphones** (Volume limiting.)
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3 Tips for Flying with Babies

1. **Feed on Ascent/Descent:** The change in pressure hurts their ears. Swallowing helps pop them. Nurse, give a bottle, or offer a pacifier during takeoff and landing.
2. **Gate Check vs. Counter Check:** Keep your stroller until you get to the actual gate door (Gate Check). You will need it to navigate the airport.
3. **Boarding Strategy:** If traveling with a partner, send **one parent** on first with all the bags to secure overhead space. Keep the **parent + baby** in the gate area until the very last second to minimize the time the baby is strapped in a metal tube.