

Travel Checklist

Airline :

Date :

Confirmation :

Airport :

Checklist for Traveling on Airplanes with Babies & Infants

Before the Trip

- ☐ Book a direct flight if possible (fewer layovers = less stress).
- ☐ Choose a baby-friendly airline (some offer bassinets, early boarding, or extra baggage for baby gear).
- ☐ Check airline policies on lap infants, car seats, and strollers.
- ☐ Reserve a bassinet seat (available on some long-haul flights).
- ☐ Pack a diaper bag with all essentials (see below).
- ☐ Download kids' shows, white noise, or soothing music.
- ☐ Arrange transportation (will you need a car seat at your destination?).
- ☐ Bring necessary travel documents (passports, birth certificates if needed).

Carry-On Essentials

- ☐ Diapers & Wipes (enough for the trip + extra in case of delays).
- ☐ Changing pad (for changing in small airplane bathrooms).
- ☐ Baby formula/breast milk (TSA allows larger amounts of liquids for babies).
- ☐ Bottles/sippy cups (pre-fill with water if allowed).
- ☐ Snacks & baby food (easy-to-eat, non-messy options).
- ☐ Pacifiers or teething toys (helps with ear pressure).
- ☐ Extra clothes (for baby & yourself in case of spills).
- ☐ Blanket/swaddle (for warmth and comfort).
- ☐ Favorite toy or stuffed animal (for comfort).
- ☐ Baby carrier (for hands-free movement through the airport).
- ☐ Plastic bags (for dirty diapers or soiled clothes).
- ☐ Hand sanitizer & disinfecting wipes (for surfaces & hands).
- ☐ Earplugs or noise-canceling headphones (for both baby & you).

Checked Luggage Essentials

- ☐ Car seat (check for free or use on board if FAA-approved).
- ☐ Collapsible stroller (some airlines allow gate-checking).
- ☐ More diapers & wipes (enough for the entire trip).
- ☐ Baby-friendly detergent (for washing clothes on longer trips).
- ☐ Baby monitor (if staying in a hotel or Airbnb).
- ☐ First aid kit (baby fever meds, thermometer, band-aids).

At the Airport & During the Flight

- ☐ Arrive early to allow extra time for security & boarding.
- ☐ Use a baby carrier for security screening (strollers often need extra checks).
- ☐ Feed during takeoff & landing (breastfeeding, bottle, or pacifier helps with ear pressure).
- ☐ Keep baby entertained (toys, books, or screen time if needed).
- ☐ Ask for help—flight attendants can warm bottles or assist.