

# Infant Travel Survival Kit

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- ❑ [Infant diaper bag](#)  
(Many items on this list will already be in your infant diaper bag. Just make sure you bring enough of your supplies to last the whole trip.)

## Travel

- ❑ Infant car seat
- ❑ Seatbelt clip
- ❑ Neck rest\*
- ❑ Window shade\*  
(a blanket hung over a window works too)
- ❑ Infant seat / Carrier\*  
(strollers or infant car seats can double as infant seats / carriers)
- ❑ Sling / Soft carrier / Backpack carrier\*
- ❑ Stroller

## Feeding

- ❑ Breast pump & storage bottles / bags\*
- ❑ Extra breast pads\*
- ❑ Bottles with nipples / cup
- ❑ Bottled water
- ❑ Beverages
- ❑ Snacks
- ❑ Formula  
(a small amount is recommended as backup in case of an emergency for breastfed babies)
- ❑ Baby food (if baby is eating solid food)\*
- ❑ Bib (if baby is eating solid food)
- ❑ Food dish (if baby is eating solid food)\*
- ❑ Eating utensils (if baby is eating solid food) \*
- ❑ Spit-up towels (cloth diapers work best)

## Sleep

- ❑ Heavy blanket
- ❑ Light blankets (at least 2)
- ❑ Portable crib or travel bed designed for infants & sheets (unless you plan to co-sleep with your baby)

## Clothing

- ❑ Clothes (2 outfits per day)
- ❑ Socks (1 pair per day)
- ❑ Pajamas (1 for every 1-2 days)
- ❑ Jacket / sweater
- ❑ Hat (to keep sun off baby's head)
- ❑ Hat (to keep baby's head warm)
- ❑ Dye & perfume free laundry detergent

## Healthcare / Grooming Items

- ❑ Doctor's phone number
- ❑ Medical insurance info.
- ❑ Acetaminophen (Infant Tylenol)
- ❑ Teething gel (Baby Orajel) if baby is teething
- ❑ Antihistamine (Children's Benadryl)
- ❑ Anti-gas drops (Mylicon)
- ❑ Anti-itch lotion/cream
- ❑ Special medications
- ❑ Adhesive bandages
- ❑ Antiseptic wipes
- ❑ Sunscreen
- ❑ Tissues\*
- ❑ Suction bulb
- ❑ Lip balm\*
- ❑ Nail clippers\*
- ❑ Sanitizing lotion/gel (to clean hands)
- ❑ Brush/comb

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## Bathing

- Travel baby bathtub (inflatable)
- Shampoo / soap
- Lotion
- Washcloths (3)
- Towels (2)
- Bath toy

## Diapering Items

- Disposable diapers
  - Tip: If traveling outside of the United States, know your baby's weight in kilograms.
  - Tip: Only bring entire packs of diapers if you are traveling by car. Otherwise, buy your packs of diapers when you get to your destination
- Cloth diapers with covers\* (not recommended for travel)
- Diaper pins\*
- Diaper wipes
- Large plastic resealable bags (to hold dirty diapers and soiled clothes)
- Changing cushion/pad\* (a couple of cloth diapers or receiving blanket will work as well)
- Diaper rash ointment with zinc oxide

## Safety

- Play yard (necessary when staying at homes / hotels that aren't childproof and can also double as a travel bed)
- Safety gates\* (bring if staying at a family member or friend's home)
- Nightlight
- Monitor\*

## Comfort Items

- Pacifiers (at least 2)\*
- Security blanket (Try to bring a substitute blanket if your child only has one security blanket that can't be easily replaced.)

## Entertainment Items

(Don't bring favorite toys, books, etc. unless they can easily be replaced without upsetting your child.)

- Book\*
- Toy
- Teething toy\* (necessary if baby is teething)
- CD's of music for baby (can also be used to drown out noises when trying to put baby to sleep)