

Essential 'Flying with a One-Year-Old' Checklist

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Your 1-year-old's carry-on checklist:

- ☐ Diapers (x8)
- ☐ Wipes (1-2 packs)
- ☐ Changing pad
- ☐ Diaper rash cream
- ☐ Socks (x2)
- ☐ Shoes
- ☐ Pajamas (x2)
- ☐ Light hoodie/sweater
- ☐ Baby blanket
- ☐ Light, breathable muslin blanket (to cover up if breastfeeding)
- ☐ Pacifier (x2)
- ☐ Pacifier/toy leashes
- ☐ Portable sound machine + extra batteries
- ☐ Water bottle
- ☐ 1 sippy cup/bottles
- ☐ Milk
- ☐ Baby Tylenol
- ☐ Hand sanitizer
- ☐ Baby nail clippers
- ☐ Snack catcher
- ☐ Lots of dry snacks
- ☐ Mini first aid kit
- ☐ Ziploc/wet bag for soiled or wet clothes
- ☐ Activities for the plane
- ☐ Basic mini travel size toiletries (baby soap, toothpaste, toothbrush)
- ☐ If walking, soft stretchy shoes

Your carry-on checklist:

- ☐ An extra outfit (including underwear)
- ☐ Headphones/ear pods
- ☐ Phone
- ☐ Phone charger
- ☐ Adult Tylenol
- ☐ Plug converters for your destination
- ☐ Lap top/tablet
- ☐ Camera + batteries
- ☐ Snacks for you
- ☐ A folder with all of your important documents (passport, visas, birth certificate, copy of your travel insurance, etc.)
- ☐ Ziploc bags
- ☐ Baby monitor
- ☐ Breast pump (handheld)
- ☐ Basic mini toiletries (soap/shampoo, toothpaste, toothbrush, glasses/contacts, etc.)
- ☐ Fanny pack (to wear in the airport)

