



Transporting your child

Stroller/pushchair with shade for hot holidays!
Car seat
Sling/carrier

On the Plane

Toys
Books
Blanket/Sleeping bag
Food/Bottles/Feeding equipment (suggested to feed on take-off and landing to help their ears)
Nappies
Wipes
Change of clothes/sleepsuit
Dummies
Change bag
[Sanitising water](#) (needed all holiday)

Sleeping

Travel cot/pop up Moses basket
Fitted sheets/sheets
Sleeping bags (check tog ratings)
[Room thermometer](#) (could double for the bath too if you get a multifunction one)
Storybooks
Baby monitor
Night light
Travel black out blind
Torch for parents trying to find things in unfamiliar rooms!
Mosquito net

In the pool/on the beach

Sun suit
[Sun hat](#)
Sunglasses
[Sunglass strap](#)
Sun tent
Swim flotation
Swim nappies/Happy Nappy
[Towels](#)
Bag for wet clothes

Toiletry Essentials

Nappies
Wipes
Body wash
[Shampoo \(Cradle Cap\)](#)
[Eye wipes](#)
[Face Wipes](#)
[Hair and body wash](#) (great for after swimming)
Inflatable bath
[Sun Lotion](#)
Toothpaste
Toothbrush
Coconut oil (great for everything)
Universal plug (convert your sink into a baby bath)

Medicine Essentials

[Sudocreme](#)
Calpol
[Colic drops](#)
[Medicine dispenser](#)
[Teething gel](#)
Nappy Rash Cream
First Aid Kit
Thermometer

Feeding

Bottles
Cleaning equipment
Sterilising bags or steriliser
Breast pump
Weaning pots
Cups
Bowls
Cutlery
Bibs (disposables?)
Muslins
Bags to keep things in when out and about
High chair/booster seat

Travel Documents

Passport
EHIC card
Travel insurance

Other Items

Washing line
Ear defenders (if taking children out and wanting to help sleep)
Travel stair gate
Reins
Plug adapters
CDs for travel and bedtime
Playmat (it's unlikely there will be much carpet)

Baby Clothes (Will you be able to wash things easily?)

Grab a highlighter and get them ticked off.

Recommended products are hyperlinked.

Think about what you might want to hire abroad, car seat? stroller?

Remember to check if your baby has any allowance (sometimes 10kg in plane).

Now you can think about your packing ;-)

