

CARRY-ON DIAPER BAG PACKING CHECKLIST

For flying with a baby 0-6 months

Must-have Baby Items		
	Diapers	1 diaper for every 2 hours plus 1-2 extras
	Wipes	
	Diaper rash creams	
	Formula + bottles	Formula in a dispenser + bottles Ready-to-use formula + nipples
	Nursing cover	If breastfeeding
	Pacifiers	Plus pacifier holder/clip
	Blanket	Lightweight
	Extra clothes	Footies save space bodysuit + pants hat + socks
	Changing pad	If your diaper bag doesn't have one
	Medications	
	Plastic bags	For soiled clothes
	Hand sanitizer	

Good-to-have Baby Items		
	Toys	Age-appropriate toys / comfort toys / teething rings
	Baby food plus spoon	

Mommy Items		
	iPhone, Passports	Plus hotel reservation and other documents
	Wallet	ID, cash, credit/debit cards, insurance cards
	Lipstick	No reason to look haggard!
	Candy/gum/cereal bars	
	Nursing pads	If breastfeeding
	Pen	Fill out landing cards

**This is my basic, simple and practical checklist.*

You may add or remove some items depending on the baby's age, needs, and flight hours. Remember, every item you put in your diaper bag is an additional weight to your shoulder/hand.

Good luck and enjoy!