



ON-THE-AIRPLANE PACKING LIST

What to keep within reach when flying alone with a baby



DIAPER CHANGES



☐ 2 diapers for a short flight

☐ Extra diapers for delays



☐ Travel-size wipes



☐ Portable changing mat



☐ Wet bag or plastic bag

☐ One spare baby outfit

FEEDING



☐ Nursing cover

☐ Burp cloth



☐ Pacifier with a clip

☐ One spare pacifier

☐ Bottle or breast milk, if needed



☐ Water and a snack for Mom

COMFORT



☐ Lightweight blanket

☐ Quiet crinkle toy



☐ Indestructible book



☐ One small comfort item

MOM'S BACKUP ITEMS



☐ One spare shirt



☐ Phone and charging cord



☐ ID, wallet and boarding pass



☐ Headphones

☐ Hand sanitizer



KEEP THESE IN THE OUTSIDE POCKET

1 diaper • wipes • burp cloth • pacifier

LESS IS MORE.

Do not overfill the bag under your seat. You need to reach everything with one hand while Baby is on your lap.

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Take it and go.

