

FAMILYDECODE · FREE PRINTABLE

Toddler Travel Checklist

Everything for a calmer trip — print it, tick it, pack from it.

- Before the trip
- Packing: clothing, food, comfort, health
- Travel day
- Flight
- Hotel
- Sleep
- Road trip

Keep the true essentials — documents, medicines, a change of clothes, comfort item — in your carry-on.

Before the Trip & Packing

Sort these in the two weeks before, then pack by category.

Before the trip

- ☐ Choose a toddler-friendly destination
- ☐ Check transportation; book around naps
- ☐ Plan family-friendly accommodation
- ☐ Review the weather
- ☐ Prepare documents & copies

Clothing

- ☐ Comfortable outfits (one/day + one)
- ☐ Extra changes of clothes
- ☐ Pajamas
- ☐ Shoes + spare pair
- ☐ Weather layers

Food

- ☐ Snacks (more than feels sensible)
- ☐ Water bottle or cup
- ☐ Feeding supplies, if used
- ☐ A couple of familiar favorites

Comfort

- ☐ Favorite toy
- ☐ Blanket
- ☐ Sleep sack / comfort object
- ☐ A familiar book

Health & hygiene

- ☐ Diapers, wipes, changing supplies
- ☐ Any regular medicines
- ☐ Small first-aid kit
- ☐ Sunscreen & toiletries

Travel Day, Flight & Hotel

Quick access on the day; prepare for the seat and the room.

Travel day

- ☐ Toddler backpack with a few activities
- ☐ Travel toys ready to rotate
- ☐ Snacks & water within reach
- ☐ Stroller or carrier
- ☐ Comfort item + spare clothes in carry-on

Flight

- ☐ Activities to rotate one at a time
- ☐ Comfort items for takeoff & landing
- ☐ Ear-pressure plan: feed/drink/snack
- ☐ Snacks, spare outfit, wipes in personal item

Hotel

- ☐ Sleep setup: crib/travel bed, blackout, white noise
- ☐ Safety sweep: outlets, cords, balcony, bathroom
- ☐ Unpack the essentials

Sleep & Road Trip

Familiarity over perfection; plan the car around breaks.

Sleep

- ☐ Same bedtime routine, same order
- ☐ Comfort items & familiar sleepwear
- ☐ Dark, calm space: blackout, night light, white noise
- ☐ Realistic expectations for night 1-2

Road trip

- ☐ Car-seat setup + travel tray
- ☐ Snacks, water, easy in-car activities
- ☐ Audio stories / familiar playlist
- ☐ Movement breaks every ~2 hours
- ☐ Comfort items within reach

Notes

FAMILYDECODE

You've got this.

This is one of 30+ free FamilyDecode printables made to take one hard family moment and make it a little easier.



- Routine & bedtime charts
- Feelings & calm-down tools
- Chore charts by age
- Milestone & potty trackers
- Travel checklists & activity packs

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