

Toddler Travel Packing Checklist

Everything your little one needs — nothing you don't. Tick as you pack.

Tip: Keep every true essential — meds, documents, a change of clothes, comfort item — in a carry-on you never check. Buy bulky items (nappies, wipes, water) at your destination.

DOCUMENTS & HEALTH

☐ Passport / ID & any visas

☐ Insurance details & emergency numbers

☐ Prescriptions (original packaging)

☐ Children's pain / fever relief

☐ Plasters, antiseptic, thermometer

☐ Sunscreen & insect repellent

☐ Any allergy or motion-sickness meds

SLEEP

☐ Comfort item (the one that matters)

☐ Sleep sack or familiar blanket

☐ Travel crib / bed (if unsure)

☐ Portable blackout blind or clips

☐ Small, dim night light

☐ White-noise machine or app

FOOD & FEEDING

☐ Spill-proof cups & bottles

☐ More snacks than seems sane

☐ Pouches / formula for the journey

☐ Bibs & plenty of wipes

☐ Fold-flat travel booster seat

CLOTHING

☐ One outfit per day + two spares

☐ Layers & pajamas

☐ Sun hat & swimwear

☐ Closed shoes for walking

☐ Light waterproof

COMFORT & ENTERTAINMENT

☐ Tablet + charger & power bank

☐ Kids' volume-limiting headphones

☐ A few small, new-to-them toys

☐ Books & sticker pad

☐ Ear defenders (if noise-sensitive)

TOILETRIES & HYGIENE

☐ Nappies / pull-ups (pack extra)

☐ Wipes & nappy bags

☐ Travel wash, toothbrush & paste

☐ Non-slip bath mat

☐ Any skin creams / lip balm

GEAR & GETTING AROUND

☐ Lightweight travel stroller

☐ Carrier for airports & crowds

☐ Car seat or certified seat aid

☐ Packing cubes (one per child)

☐ Day backpack & water bottle

SAFETY

☐ Outlet covers & cord ties

☐ Door stopper

☐ ID wristband with your phone number

☐ Small first-aid kit for the day bag

CARRY-ON — THE "NEVER CHECK" BAG

☐ One full change of clothes per child

☐ All meds & key documents

☐ Chargers & power bank

☐ Snacks, water & comfort item

☐ Nappies, wipes & sealable bags