

INTERNATIONAL TRAVEL

with an infant

go with the flow • prepare for the worst • hope for the best

2-3 months ahead

logistics & planning

Fly direct • Time flight close to bedtime • Placement on the plane is crucial
Family-friendly amenities in airport & planes • Passport • Immunizations
Additional documentation may be needed for adopted children, children with a different surname, and/or only 1 parent is traveling with child

2-4 weeks ahead

packing

carry-ons

The Quick Access Bag

Diapering essentials
Wipes
Lovey/comfort items
Clutch/pouch/wallet
Snacks
Formula/bottle

The Other Bag

2 changes of clothes for baby (including PJs) •
2 changes of clothes for each adult • Compact
playmat • Max of 3 favorite toys • Max of 3
favorite books • Camera • More diapers •
Medicine (Tylenol, Benadryl*, Hydrocortisone,
Pedialyte)

Checked Bag :: Diapers • Baby food • Toiletries

Flight Day

survival tips

take a	Get there early	Flight attendants are your best friends
deep	Drink water	Don't worry about the others
breath	Replicate the bedtime routine	Consider using a baby carrier
	You have a baby, not a miniature adult	Employ the suck for takeoff & landing

cautionary tales

Safety while wearing baby on plane
*Benadryl :: Always consult your pediatrician before using medication for something other than its intended use.

