

CARRY ON PACKING LIST

for Baby & Mum

BABY ITEMS

- Nappies (1 for every hour)
- Wipes
- Nappy cream and nappy bags
- 2 muslins – 1 as a spare – pack a third for long haul
- Bottles, Formula, Water, portable breast pump, breast pads depending on your feeding groove
- Teether/toys/pacifier
- Extra clothes/bibs
- Blankets – planes can get cold!
- Small Changing mat
- Calpol – Just in case
- Suncream & Sun hat – My luggage got lost for 7 days so have the essentials on you!
- Food / snacks for your little one depending on age

MUM ESSENTIALS

- The Perfect Changing bag – KeriKit of course ;)
- Flip flops / Shorts - If you are heading to somewhere hot, change before you land
- Bikini & Sun cream – Remember my lost luggage for 7 days!
- Sunglasses
- Nipple cream (also makes the best lip salve)
- Hand cream
- Hand sanitizer
- Water bottle (to keep you hydrated)
- Lip Gloss / Make up
- Jewellery - I always carry this in my hand luggage
- Snacks (to keep your energy levels up)

DOCUMENTS & GADGETS

- Passports
- Journal/Notebook
- Pen
- Plug adapter
- Phone charger/power bank
- Your phone – also a great distraction for a fussy baby. Whatever works right?

ADDITIONAL ITEMS

- Travel stroller and cover
- Baby carrier
- Car Seat
- Portable Fan
- SnoozeShade
- Mosquito net
- Baby Bouncer - We took ours everywhere!
- Medical Kit