

# Calm Parent Family Packing Checklist

## CARRY-ON/DAY BAG

### Purse

- phone/charger
- passports/wallet
- health insurance info
- medicine & painkillers
- gum/mints & vitamins
- granola bars (snack)
- sunglasses
- scarf (use as a blanket)
- ipad/computer

### Diaper Bag

- soother/clip
- teething toys
- 2 extra outfits
- baby hat and blanket
- bibs/burpers/facecloths
- diapers/wipes (2 days)
- diaper rash cream
- change pad
- bottles (2 days)
- milk/formula (2 days)
- food (2 days)/spoon
- Medela microwave bag\*
- dirty clothes bag
- nursing cover

### Toddler/Kid Bag

- soother/clip
- extra outfits
- bibs/facecloths
- diaper change stuff
- bottle/sippy cup
- snacks (2 days)
- activities\* & toy/stuffy
- dirty clothes bag

### \* Notes and ideas:

**Baby stuff:** Medela microwaveable sterilizer bags are great! Bring food, formula and diapers for a few days then buy more when you arrive. It may not be your brand of choice but for a few weeks it probably won't hurt.

**Kids activities:** Coloring book (6 crayons), sticker books and *Where's Waldo Ultimate Travel Collection*.

**Clothes for babies and kids:** Substitute dresses, skirts, leggings, leg warmers and tights, as appropriate.

**Clothes and accessories for the family:** This will depend on the season, weather conditions and itinerary.

**Car seat, stroller, travel crib & baby carrier:** Whether you bring these will depend on the venue, accommodations and amenities available to you. You may be able to rent – you could also buy a cheap stroller and leave it there. If I'm bringing my own, I like the BABYBJÖRN Travel Crib, Baby Jogger strollers, and Beco baby carriers. Check out our Pinterest pages for links to where you can purchase these items.

**Toiletries:** Bring body wash, lotion, etc., that can be used by everyone (see our Pinterest page for ideas!).

## BABY

### Clothes

- 3 onesies
- 2 short sleeve tops\*
- 2 long sleeve tops\*
- 6 pants/shorts\*
- 6 socks\*
- 1 hoody
- 1 cardy
- 2 pj's
- 2 Halo SleepSacks
- 1 hat (sun/toque)\*
- 1 jacket/snowsuit\*
- 1 casual shoes
- 1 pair dressy shoes
- bathing suit/rashie\*

### Other baby things

- diapers/wipes (2 days)
- travel crib (and sheet)\*
- stroller\*
- car seat\*
- baby carrier\*
- Medela bag\*
- bottle brush/dish soap
- bottle warmer
- pump/paraphernalia
- 1 book (if no ipad)
- toothbrush
- monitor
- thermometer

## TODDLER/CHILD

### Clothes

- 3 short sleeve tops\*
- 2 long sleeve tops\*
- 6 pants/shorts\*
- 6 socks\*
- 6 pairs underwear
- 1 hoody
- 1 cardy
- 2 pj's
- 1 hat (sun/toque)\*
- 1 jacket/snowsuit\*
- 1 pair walking shoes
- 1 pair sandals/boots\*
- 1 pair dressier shoes
- bathing suit/rashie\*

### Other kid things

- diapers/wipes (2 days)
- travel crib (and sheet)\*
- stroller\*
- car seat\*
- baby carrier\*
- Medela bag\*
- bottle brush/dish soap
- 1 book (if no ipad)
- toothbrush
- monitor
- thermometer

## PARENTS

### Clothes

- t-shirts/tanks
- tops/dresses/blazer
- pants/shorts/skirts
- undergarments
- socks/tights
- sweater/sweatshirt
- pj's
- hat
- jacket
- shoes/sandals/boots
- swimwear

### Toiletries\*

- suntan lotion
- face products
- make-up
- body wash
- lotion
- toothbrush/paste
- shampoo/conditioner
- hair products/brush
- feminine hygiene
- razor/shaving cream
- mosquito repellent