One Day in a City **Packing Checklist** for Baby Feeding For more traveling with baby tips, go to www.onedayinacity.com Buy Upon **Arrival** Pacifier Diapers Wipes

Baby Food

Consider Renting During Your Trip

- Stroller
- Swing
- Any other big product that keeps your baby blissfully happy at home

For Plane **Baby Carrier** One Diaper Per Every 1-2 hours of **Travel Time** Wipes (Pack at least 30 for short flights and 50 for long flight) Changing Pad Diaper Cream Formula/Milk and Bottles if Bottle **Nursing Cover if Breastfeeding** Thin Blanket One Change of Clothes Two Extra Onesies Two Burp Cloths (can also use for spills and other messes) **Baby Benadryl Baby Tylenol** Toys (Good options: Plastic chain links with attachable toys, thin books, non-breakable mirror Food (if applicable) Easy options: Puffs, yogurt melts, fruit and veggie pouches, teething biscuits A Few Plastic Bags (for soiled diapers or clothes)

> Change of Clothes for You (And hope you don't have to use them) Tanktop and Leggings take up

minimal space

Your Sanity (optional;)

For Destination

Two Outlits per Day up to 7 Days"
Two Onesies per Day up to 7 Days
*If traveling longer than 7 days figure out where a washing machin is and plan on using it! Or, if you have easy access to a washing machine, you can halve the above items.
Backup Pair(s) of Pajamas
One Pair of Shoes and a Few Pair of Socks
Sunbonnet or Hat
Portable Bath
Baby Wash and Baby Sunscreen
Two Washcloths and Burp Cloths
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Baby Nail Clippers and File
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	8-10 Diapers (get more at store)
	Pack 'n Play and Sheet(s)

Sloon	Sack	

		Sound	Machine	9
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Travel Baby Monitor

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Baby	Silverware	(if needed

Swim	Dianers	(If	applicable)

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Sun Dome or Cover (if Beach
Vacation)

Playmat (optional) If you have one that folds easily this is nice to have
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