

Packing Checklist for Long-Haul Flights with Infants

Creating a **packing checklist** for long-haul flights with infants ensures a stress-free journey by including essentials like diapers, snacks, and comfort items. Preparing in advance helps parents stay organized and manage unexpected needs during the flight. This careful planning enhances both the infant's and the parents' travel experience.

Checklist

- Diapers (enough for the entire journey, plus extras)
- Baby wipes and hand sanitizer
- Changing mat
- Comfort item (blanket, favorite toy, pacifier)
- Extra set of clothes for baby and parents
- Baby food, formula, or breast milk (as appropriate)
- Bottles and feeding accessories
- Snacks for both baby (age-appropriate) and parents
- Plastic bags for dirty clothes and diapers
- Lightweight stroller or baby carrier
- Travel-sized medications and a basic first-aid kit
- Infant headphones or ear protection (optional)
- Travel documents and identification
- Blanket or shawl for extra warmth
- Entertainment items (books, soft toys)