



Carry-on List

P R E P A R E - P R O T E C T - P R O V I D E

Product recommendations for this list can be found at <http://www.JetWithKids.com/packing>

*When traveling, expect the best but prepare for the worst. *Peace of mind is priceless!*

Health

Illness can happen quickly. Be prepared to care for your family.

*Do not rely on the airline or airport for infant/child dose medication

**Liquid medicine must be declared to TSA. Medicine does not have to be under 3oz. Ziploc bags contain leaks.

- Copy of Drug Prescriptions, include generic and brand name
- Contact info for Destination Medical Facilities (pediatric)
- Contact info for Family Physician/Pediatrician
- [Liquid or Foam Hand Sanitizer](#)
- [Pocket Tissues](#)
- [First Aid Kit](#)
- [Medical Evacuation Information](#)
- MD note for special food, drink, medication required onboard
- Antibacterial Wipes (wipe down tray, armrest, etc.)
- [Airplane seat covers](#) (yes, those seats have been peed on!)
- Treatment or Comfort Items in case of :
 - +[Ear Pain](#) +[Teething Pain](#) +Fever +Tummy (GI) Issues,
 - +Sore Throat, +Gas Pain (and odor control!),
 - +Nausea/Motion Sickness +Cough/Congestion
 - +Food or Drug Allergies +Asthma +Colds/Flu

Travel with peace of mind!

- _____
- _____
- _____

Safety

- [Child Identification](#) (shoe tag with parent name & cell phone #)
- Current Photo of Each Family Member (can store on cell phone)
- [Car Seat](#) or [FAA Approved Child Restraint](#) for use in flight
- [Child Harness](#) (keep toddlers close!)
- [My Child ID](#) (hysterical parents inhibit search for lost kids.)
- _____
- _____

Food/Drink

- Sippy Cups & [Bottles](#), Bottle Toppers
- Water, juice, milk, formula (declare at security with child)
- [Insulated Bag](#) to keep milk, food, medicine cold
- [Pacifier](#) (bring extra!)
- [Bibs](#)
- [Ziploc Storage Bags](#) (quart size for liquids- gallon for all else)
- Healthy Food (do not count on the airline or airport!)
- [Spoons](#)
- [Diapers](#), Wipes, Burp Cloths (what goes in, must come out!)
- [Pull-ups](#) ("Flight Pants"-even if potty trained. Like astronauts!)
- Diaper Cream (sore buns from unfamiliar foods, teething, etc.)
- Variety of [Snacks/Foods](#) that travel well
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- _____
- _____
- _____
- _____

Transportation

- [Stroller](#) that travels well (don't count on the kids walking!)
- [Stroller lock](#) to prevent theft
- [Child Carrier](#) (with good back support)
- Supportive shoes for the whole family
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- _____

Comfort

- [Light Blanket & Small Pillow](#) (the airplane's are filthy!)
- [Noise Canceling Headphones](#)
- Chewing Gum (Alleviate ear pain on descent)
- Glasses/Sunglasses
- Moisturize! Air travel is dehydrating.
 - Chapstick, Hand Lotion, Nasal Spray, Eye Drops
- Clothing (use [packing cube](#))
 - Sweater (LAYER for changing temp. on airplanes)
 - Infant socks, comfy shoes
 - Sleep Sack/Swaddling Blanket
 - Pajamas for Night Flights
 - Extra outfit for child & you
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- _____
- _____

Luggage

- [Roller bag carry-on luggage](#) (place in overhead)
- Multi-pocket, zipped bag or [backpack](#) (under seat - easy access)
- [Child's suitcase](#) and/or [backpack](#) (use Ziplocs to contain stuff)
- [Packing Cubes](#) (spare outfit for parent & child)
- [Luggage Personalization Tags](#)
- Contact Info inside luggage (cell phone or destination info)
- _____
- _____

Entertainment

- Camera
- Quiet Toys & Activities
- [Noise Canceling Headphones](#)
- [Books](#)
- [Electronics](#) (iPhone, iPod, Gameboy, Portable DVD Player, Multi-Media Player)
- [Charger](#) for electronics, phone, camera
- Splitter for headphones
- [Small light](#) or flashlight
- Photo book
- _____
- _____
- _____

Our Family Needs

- ID/Passport (Itinerary including phone #s for airlines, hotels)
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- _____
- _____
- _____
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