

Ciao Bambino! Flight Checklist

Bring supplies that are important to have readily accessible and enough supplies to last another day in case of flight delays. [Flying overseas with a baby](#) is manageable when you're prepared.

- Extra diapers, wipes, bottles and baby formula/baby food for the flight in case of delays
- Two changes of clothing for babies
- Extra set of clothes for you
- Phone charger and adapter if needed
- Inexpensive solar charger for emergencies
- [Medical and First Aid Supplies](#) – Pain relievers, diaper rash ointment, thermometer, Band-aids, antiseptic wipes, oral rehydration liquids and extra prescription medications
- A variety of toys, books, games and [kid-friendly apps](#) are essential for [entertaining kids on planes](#). For younger children, minimize toys with small pieces that inevitably get thrown and then lost under the seat. A few new toys are a fun surprise on flights.
- A DVD or iPad loaded with [kid-friendly apps](#) is a reliable way to keep children entertained on long flights.
- Our [kids' travel book list](#) is a great resource for destination-focused kids' books and stories.
- A variety of snacks for long flights to supplement the sometimes slow food and beverage service offered by the airlines
- Antiseptic wipes, disposable bibs and placemats
- Comfort items such as blankets and stuffed animals
- Ziplock bags for unused food, dirty diapers and trash
- Tissues
- Sippy cup
- Extra pacifiers and clips
- If traveling solo, consent letter from non-traveling parent
- Comfortable, practical [kid-friendly travel gear](#). For children old enough to carry their own luggage, [kidstravelzone.com](#) sells luggage, backpacks and travel activity sets.
- CARES harness or car seat