



Travel with Toddler Checklist

Jet-setting with a little adventurer? Here's everything you'll need to survive and thrive on the go—from snacks to sanity-savers.



Bag Must-Haves

- ☐ Nappies (plus extras!)
- ☐ Wipes (travel pack or refillable)
- ☐ Portable change mat
- ☐ Nappy cream or balm
- ☐ Wet bag (for soiled clothes or cloth nappies)
- ☐ Hand sanitiser
- ☐ Spare clothes (2–3 outfits)



Snacks & Feeding

- ☐ Toddler-friendly snacks (dry fruit, crackers, puffs)
- ☐ Spill-proof water bottle or cup
- ☐ Bibs (easy-clean silicone preferred)
- ☐ Travel utensils and bowls
- ☐ Lightweight travel high chair or seat harness (if needed)



Entertainment & Comfort

- ☐ Favourite books and small toys
- ☐ Colouring books, crayons, or stickers
- ☐ Tablet or device with headphones (for longer trips)
- ☐ Comfort item (blanket, stuffed animal)
- ☐ Portable white noise machine or app
- ☐ Sunhat and sunscreen



On-the-Go Gear

- ☐ Lightweight stroller or carrier
- ☐ Car seat (if driving or required)
- ☐ Travel blanket or shawl
- ☐ Raincoat or jacket
- ☐ Baby-safe hand sanitiser
- ☐ Carrier



Sleep & Rest

- ☐ Travel cot or portable bedrail
- ☐ Sleep sack or familiar blanket
- ☐ Dummy/pacifier (if used)
- ☐ Nightlight or small flashlight
- ☐ Blackout blinds or eye mask (for hotels)



Health & Safety

- ☐ Basic first aid kit
- ☐ Any medications or allergy meds
- ☐ Copies of important documents (ID, insurance)
- ☐ Emergency contact list

