



# BEYOND *the* BUMP

## TRAVEL TIPS

### BEFORE YOU FLY:

- If possible, fly direct
- If baby is under 2 yrs old, decide if you want to get baby their own seat.
- If nursing, choose a window seat for privacy. Also helpful to not get knocked repeatedly.
- Check FAA guidelines (see below) regarding formula/breastmilk screening
- Decide if you want to rent baby gear at your destination
  - [Baby Quip](#)
  - [Loop Baby](#)

### DAY OF TRAVEL:

- If you have a diaper backpack, use it!
  - [Parker Baby Diaper Bag](#)
  - [Ruvalino Diaper Bag](#)
- In the morning, pack the PJ's your baby slept in, as well as the sheet on their crib if they will be sleeping in the same sized crib, so that first night in new location will be familiar
- Get to airport early so you won't feel extra rushed
- Curbside check whatever you can
- Immediately put baby in carrier as soon as you arrive at airport. Be sure it's metal free so you can easily walk through security.
- Use your stroller (if gate checking) to carry everything else
- If two adults, consider boarding separately. One person boards early and loads all bags and gets settled, other parent (with children) boards at last possible moment.
- Bottle/nurse/pacifier baby at take off and landing, if baby is awake. Toddlers/preschoolers do well with lollipops.





# BEYOND *the* BUMP

## WHAT BABY SHOULD WEAR:

- Footie PJ's tend to be the easiest so you're not dealing with multiple layers/pieces of clothing as planes tend to be cold.
- Be sure they're dressed for easy diaper changes

## WHAT YOU SHOULD WEAR:

- COMFORTABLE clothing, that will attract less stains/debris.
- A zipped hoodie or cardigan. Makes a good cover if nursing, and an extra layer for baby if plane especially cold.
- Easy on/off shoes if you are NOT TSA pre-check

## TO PACK IN DIAPER BAG:

- At least 1-2 changes of clothing for baby
- An additional layer of clothing for baby in case it's cold
- An extra change of clothing for you if you're on a longer flight
- Everything you need for sleep (lovey, pacifier, swaddle, sleep sack, etc)
- If baby uses pacifiers, pack multiples
- Ziploc bags to organize
- Several toys (fewer than you think you need, be sure they are toys that do not roll if on plane)
- A muslin swaddle blanket with a strong pattern on one side. This way if you need to set baby down at any point, you know which side of blanket has been put on floor, and if carefully wrapped up, can be used again.
- Diapers and wipes
  - Pack at least 2-4 more diapers than you think you need
  - Sanitizing wipes to wipe down armrest, tray, etc
- Food
  - Be sure to pack enough food for baby in carry-on for 24 hours
  - Snacks for you too!
  - For older kids, tons of individual snacks. Each snack is an activity



An aerial photograph of a road with a yellow center line and white edge lines, winding through a green, hilly landscape. A diamond-shaped road sign with a white arrow pointing up is visible on the left side of the road. In the top left corner, there are two overlapping circles, one pink and one red.

# BEYOND *the* BUMP

## ORGANIZE EVERYTHING:

- Pack all the food items in one bag. Pack bottles and formula in their own bag, all toys in another bag, and lovey and change of clothes in another. Then throw two more Ziploc bags for dirty clothes or messy toys.

## HOW TO SERVE WARM FORMULA BOTTLE ON PLANE:

- Pack formula in premeasured [containers](#) for the entire day,
- But water at the airport
- Once on plane, ask flight attendant to fill half of the sized bottle you need with hot water
- Then fill the other half with your bottled water
- Test for temp
- Then add formula

## FAA GUIDELINES:

- Formula, breast milk and juice for infants or toddlers are permitted in reasonable quantities through security. Remove these items from your carry-on bag to be screened separately
- Inform TSA officer at the beginning of screening that you carry formula, breast milk and juice in excess of 3.4 ounces in your carry-on bag. These liquids are typically screened by X-ray.
- TSA officers may need to test liquids for explosives or concealed prohibited items. Officers may ask you to open the container and/or have you transfer a small quantity of the liquid to a separate empty container or dispose of a small quantity, if feasible.
- **Inform the TSA officer if you do not want the formula, breast milk and/or juice to be X-rayed or opened.** Additional steps will be taken to clear the liquid and you or the traveling guardian will undergo additional screening procedures, to include a pat-down and screening of other carry-on property.
- Ice packs, freezer packs, frozen gel packs and other accessories required to cool formula, breast milk and juice are allowed in carry-on. If these accessories are partially frozen or slushy, they are subject to the same screening as described above. You may also bring gel or liquid-filled teethingers, canned, jarred and processed baby food in carry-on baggage.