**Packing for long haul flight for baby**

Work out door to door time frame and then double supplies so for this flight lets say it is 36 hours so I would take enough supplies for 72 hours.

It is hard for me to work out how many outfits you should take as I am not sure how often you change your baby, but the goal would be to change only if necessary and avoid being too fussy as this will make your baby irritable.

Take two bags – only necessary for long haul travel

One wheel on (this will carry all the excess and you will reload nappy bag at the destinations that you stop at)

**Nappy Bag**

Everything is to be zip locked - reasons easier to get through check outs and also saves anything leaking in bag.

Hand gel

Nappy sacks (fold and put into zip lock bag)

Baby Wipes 1 packet (again use the ones that have a lid that you pull the wipes out and then can close)

Bottom creams – small pot of vaseline, tube of paw paw, tube of zinc and caster, tube of bepanthen (you may not use any of these but it is a good idea to have a mixture of creams just in case her bottom flares up while fly

10 nappies

4 disposable change mats

Saline nasal drops

Pamol

Nurofen

Dummies – zip lock I would take approx 6 as they tend to drop on floor etc. I just put the dirty ones loose into the bag as I go.

3 burb cloths (they will bulk up the bag) + one that you will be carrying with u

6 bibs (if you use them)

Clothes

In each zip lock bag pack the following - I would tend to have 3 sets in the nappy bag

1 cotton undershirt

1 outfit (I tend to travel in baby grows (with feet) – 100% cotton.

1 cardigan

1 hat

Additional

2 large muslins

1 cotton pram blanket

**Wheel on bag**

All the stuff in the wheel on will be replacements for the nappy bag and it is a good idea to always have a spare of products that you are going to use a lot

hand gel

Nappy sacks (buy the ones in the packet that you pull through the lid)

1 packet of nappies (maximum you will use for the whole trip will be 48 nappies – working out 16 nappies per 24 hours

2 packets of disposable change mats

In each zip lock bag pack the following - I would tend to have up to 6 sets

1 cotton undershirt

1 outfit (I tend to travel in baby grows (with feet) – 100% cotton.

1 cardigan

1 hat

4 large muslins (120 x 120)

2 small cotton blankets

6 burb cloths (you will not be able to carry enough for the trip so just use sparingly)

6 dummies (in zip lock bag)

If you are using bibs then take 6 extra

If you want pack your baby carrier – I find that they are more of a pain for travelling

**Note**

I have suggested all cotton products as planes are very hot and it is important your baby does not cook on the plane.

Clothes I tend to use are the baby grows with the snaps down the front easy to take off and put on and again 100% cotton.

Burb cloths and bibs – bulky but necessary.

**On the aircraft**

I either use one of the blankets or airplane blankets and make a roof over the bed area where your baby will be sleeping.

**Going through the airport**

Use stroller – so much easier and also you have somewhere to hang the lighter bags but remember if you do this do not let go of the handle of the buggy as it will tip over.

I find the baby carriers are more of a pain as when you are going through check points they make you remove the baby whereas if the baby is asleep in the stroller they just wand it.

**Hand Luggage**

I would advise keep to a minimum and have your hands free. I tend not to use handbags etc when travelling with a baby as it is just another piece of luggage that gets in the way. I would suggest you both share one hand luggage and then have two for your baby.

With using zip lock bags you just take the clean clothes out and put the dirty ones into the bag – keeps everything contained.