



# Ten Things to Do Before You Leave Home Checklist

*... for travel with babies & toddlers*

Stick a copy of this checklist to your refrigerator, bathroom mirror, or front door to reference throughout the last 2 weeks before your trip.

## \_\_\_ 1. Visit or phone your pediatrician's office.

Describe your travel plans and discuss any concerns you may have including status of vaccinations, food safety and allergies, and finding medical assistance for your child at your destination. If your baby or toddler hasn't seen his doctor in a while, a check-up may be reassuring ("ears are clear," etc.), and it could be helpful for parents of infants and young babies to have a current weigh-in and dosage of infant over-the-counter medications in case they are needed while away.

## \_\_\_ 2. Update your child's travel kit.

Check your child's travel kit to see if any items are running low or need to be replaced. Move any non-carry-on items into a checked bag if you'll be taking the kit in a carry-on bag. For help determining what should be in your child's travel kit for your next trip, see Chapter 4: Deciding What to Bring in [Travels with Baby](#).

## \_\_\_ 5. Take inventory of the "kid gear" that will be traveling with you.

Is your car seat FAA approved for the flight and *can you point to the label on it* if necessary? Are the stroller wheels still up to snuff? Can you find the travel stroller sun shields, mosquito nets, or other accessories you plan to take along? The pop-up sun tent for the beach? Add the key gear you'll be taking here:

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## \_\_\_ 3. Revisit the Checking-In Safety Checklist.

Make sure you have your [Checking-In Safety Checklist](#) printable in your carry-on, suitcase, or diaper bag and any temporary childproofing products you plan to bring on your trip (list here):

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## \_\_\_ 4. Stop your mail.

You can quickly arrange to have your mail stopped while you are away online by going online to [usps.com](https://usps.com) or by calling 1-800-ASK-USPS (1-800-275-8777). You designate which day you would like it all delivered or when and whether you'd prefer to pick it up after your trip.

## \_\_\_ 6. Replace old sunscreens.

That goes for your own brand and your child's if you're heading for a sunny destination. Sunscreens lose their effectiveness with time, and small children need the best protection available. Replacing once a year is advisable.

## \_\_\_ 7. Call your airline within 72 hours of your departure.

When traveling with young children it's especially important these days to reconfirm your seat assignments and, if applicable, your bassinet reservation and/or children's meals one last time before arriving at the airport (see Airplane Bassinet Checklist). Families getting separated on flights is all too common a theme with many airlines as is the overbooking of flights, so do what you can to avoid hassles—including checking in early for your flight.

## \_\_\_ 8. Make necessary arrangements with a neighbor or friend.

Do you need someone to set out your garbage can and recyclables for pick up? Feed pets and/or water plants? Write any reminders of who you need to contact and for what:

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## \_\_\_ 9. Remove anything from your refrigerator that will not outlast your trip.

Move leftovers to the freezer, check expiration dates on dairy goods, and give the vegetable drawer the once-over.

## \_\_\_ 10. Empty your diaper pail!

More helpful tips and resources at [TravelswithBaby.com](https://TravelswithBaby.com) and in the award-winning book *Travels with Baby: The Ultimate Guide for Planning Travel with Your Baby, Toddler and Preschooler* by Shelly Rivoli.

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