

BORN A BACKPACKER

PACKING LIST

*Packing is a pain. This checklist will make it easier, though.
Every family and vacation is different, so edit as you see fit.*

CLOTHING:

- 6 short-sleeve onesies or short sleeve shirts
- 3 long sleeve onesies or long sleeve shirts
- 1 sweatshirt
- 1 jacket (preferably warm and rain resistant)
- 3 pairs of shorts
- 1 warm pair of pants
- 1 light colored and light weight pair of pants (for area with mosquitos)
- 1 pair of warm tights (even for boys)
- 3 pajamas
- 2 bathing suits
- 1 rash guard
- 1 sun hat
- 1 winter hat
- 5 pairs of socks
- 1 pair of warm booties (for non-walkers)
- 1 pair of sandals (for walkers)
- 1 pair of shoes (for walkers)
- Small rope or string with close pins
- Daypack or Diaper bag
- Light blanket or large cloth (for breastfeeding, light blocker, picnic blanket, warmth)

MEDICINE BAG:

- Nose Frida

- Tissue packet
- Band-aids
- Bacitracin
- Medical tape
- Children's/Infants Acetaminophen
- Children's/Infant's Ibuprofen
- Syringe
- Bug spray (with picaridin)
- Pedialyte packets
- Water sanitation pills
- Sunscreen
- Thermometer
- EpiPen Jr. (optional)
- Prescription medications
 - _____
 - _____
 - _____

FEEDING:

Infants

- Baby spoon
- Container for food storage
- Insulating lunch bag
- Reusable Ice Pack
- Portable highchair
- 4 small wash clothes
- 2 bibs
- Bottles if necessary
- A few Ziplock bags
- ___ food packets

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For all children

- Snacks for the plane
- Small knife (not in carry on)

BABY TOILETRIES

- Hand sanitizer
- Nail clippers
- Diapers and wipes (enough for 5 days if disposable)
- Baby soap
- Toothbrush
- Baby/Children's Toothpaste
- Comb
- Laundry soap (Dr. Bronners is good)

ENTERTAINMENT:

- 4 books (small and durable)
- 3 toys. (new or ones pushed to the bottom of the toy chest)
- Stickers (great entertainment for toddlers and compact)
- Download iPad games
- Pacifier and pacifier clip

BEFORE WE GO:

- Get travel insurance and make photocopy of insurance card
- Get photocopies of passports and visas (and any other important documents)
- Make sure baby under 2 is on the airline ticket
- Call pediatrician to see if they recommend any additional medications or shots

EXTRAS:

- Mosquito net
- Baby monitor
- Car seat
- Stroller
- Portable Crib
- _____
- _____
- _____
- _____
- _____
- _____
- _____