

A Baby Guide to Calgary

Making the Most of Your Parental Leave

PACKING LIST FOR TRAVELLING

Getting out of the house for a quick trip to the mall is difficult enough with a new baby; packing for an overnight trip is even more difficult. So, my husband and I put together a packing list in order to be sure that we had everything we needed when we went traveling. We have modified our list from time to time, but here's a basic list that you can start with.

Category	Item	Number/day	Total Number	Check?
Essentials	Airline tickets			<input type="checkbox"/>
	Passports			<input type="checkbox"/>
	Other documents			<input type="checkbox"/>
Day clothes	Set of clothes			<input type="checkbox"/>
	Cardigan			<input type="checkbox"/>
	Shoes			<input type="checkbox"/>
Underwear	Undershirts			<input type="checkbox"/>
	Socks			<input type="checkbox"/>
Sleepwear	Pajamas			<input type="checkbox"/>
Outerwear	Fleece jacket			<input type="checkbox"/>
	Bunting bag			<input type="checkbox"/>
	Gloves			<input type="checkbox"/>
	Toque			<input type="checkbox"/>
	Shoes			<input type="checkbox"/>
	Sun hat			<input type="checkbox"/>
Eating	Portable chair			<input type="checkbox"/>
	Cereal			<input type="checkbox"/>
	Vegetables			<input type="checkbox"/>
	Fruit			<input type="checkbox"/>
	Meat/alternatives			<input type="checkbox"/>
	Bibs			<input type="checkbox"/>
	Bowls			<input type="checkbox"/>
	Spoons			<input type="checkbox"/>
Toiletries	Box of tissues			<input type="checkbox"/>
	Sunscreen			<input type="checkbox"/>
	Shampoo/soap			<input type="checkbox"/>
	Moisturizer			<input type="checkbox"/>
	Bath thermometer			<input type="checkbox"/>
	Face cloths			<input type="checkbox"/>
	Towel			<input type="checkbox"/>
Toys	Books			<input type="checkbox"/>
	Toys for the car/plane/etc.			<input type="checkbox"/>
	Toys to use at destination			<input type="checkbox"/>
Breast/bottle-feeding	Cooler – small			<input type="checkbox"/>
	Frozen ice packs			<input type="checkbox"/>
	Sterile bottles with nipples			<input type="checkbox"/>
	Sterile pump and bottle with lid			<input type="checkbox"/>
	Breastfeeding pillow			<input type="checkbox"/>

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Category	Item	Number/day	Total Number	Check?
	Sterilizer			<input type="checkbox"/>
	Thermos with hot water			<input type="checkbox"/>
	Cup for defrosting			<input type="checkbox"/>
	Water for mom			<input type="checkbox"/>
	Snacks for mom			<input type="checkbox"/>
	Receiving blanket			<input type="checkbox"/>
Diapering	Diapers			<input type="checkbox"/>
	Hand sanitizer			<input type="checkbox"/>
	Diaper cream			<input type="checkbox"/>
	Wipes			<input type="checkbox"/>
	Change pads			<input type="checkbox"/>
	Diaper bag			<input type="checkbox"/>
Teething	Frozen face cloths			<input type="checkbox"/>
	Teething gel			<input type="checkbox"/>
	Teething ring			<input type="checkbox"/>
	Bibs			<input type="checkbox"/>
Sleeping	Blanket			<input type="checkbox"/>
	Sheet			<input type="checkbox"/>
	Bassinet/playpen			<input type="checkbox"/>
Transportation	Baby carrier			<input type="checkbox"/>
	Stroller			<input type="checkbox"/>
	Blanket for stroller			<input type="checkbox"/>
	Baby backpack			<input type="checkbox"/>
Medical	Baby Tylenol			<input type="checkbox"/>
	Any other medications			<input type="checkbox"/>
	Thermometer			<input type="checkbox"/>
	Doctor's phone number			<input type="checkbox"/>
	Insurance information			<input type="checkbox"/>
Other	Umbrella			<input type="checkbox"/>
	Sunglasses			<input type="checkbox"/>
	Baby monitor and receiver			<input type="checkbox"/>
	Spare batteries			<input type="checkbox"/>
	Laundry soap			<input type="checkbox"/>