



HOW TO CONFIDENTLY  
TRAVEL WITH A BABY

# Travel With Baby

What to do and what you need at every stage





# Welcome!

Welcome to a world of adventures where the skies are just the beginning for you and your little explorer. I'm Kennady, your guide on this journey of parenting and traveling with our youngest adventurers. With my 8-month-old co-pilot, who's already soared through 22 flights, I've learned the ins and outs of flying with a baby, turning each trip into cherished memories.

Flying with a baby may seem daunting, but it's also incredibly rewarding. This guide is packed with lessons from our travels, covering everything from packing essentials to soothing your baby on board. Whether you're a seasoned traveler or a new parent, we've got you covered as we uncover the secrets to a successful journey with your little one.

Join us as we explore the wonders of the world through your baby's eyes. Welcome aboard our flight into the heart of family travel—where every destination is a milestone and every moment together is a precious memory.

xo, Kennady



# Before the Flight

## Booking Tips

You will need to decide if you are traveling with your baby on your lap or if you will purchase a ticket for your baby. For my first couple of flights, we bought a ticket to reduce stress and be able to bring the carseat on the plane. After that, I felt much more confident with just having him on my lap.

If you are having them on your lap and you are flying with one other person, try to book an aisle and a window in hopes that nobody books the middle seat! If someone ends up booking that seat, you can just trade with them. Nobody minds trading out of the middle!

If you are on a small plane, you will need to be on the right hand side of the plane (seats C and D for a two-seater). You can either select your seats when you book, call the airline ahead of time, or ask the agent when you check in. You don't want to deal with this when everyone is already boarding the plane or on the plane!

Some people book flights around baby's nap time, but I have never bothered to do that. It seemed too stressful to coordinate it that way, and flights get delayed all the time. I would just book what makes the most sense for your travel arrangements, and the rest will work out!

## What to Buy Ahead of Time

You will need a gate check bag for your stroller or carseat (or both). We sometimes just check these items, so we have a gate check option and a regular checked luggage option. [Click here to access all items I found useful for travel!](#)

## Health & Safety

Check in with your pediatrician prior to travel to ensure you are good to go. If you are flying internationally, give your pediatrician plenty of notice in case you need to do additional or early vaccines.

# Preparation & Packing

## Packing Tips

You are allowed to bring a carryon, a personal item, a diaper bag, and a breast pump on the plane with you with no additional cost. You can also check or gate check your carseat and stroller for no additional fee. If you are bringing a pack 'n play, you will have to pay a luggage fee on most airlines. I would just opt for the crib hotels and airbnb's offer - just call ahead of time to verify they are available. We were planning to use a crib at an AirBnb in Belize that was shown on the listing, but it turns out they didn't have one! I was so glad I checked before we left. Just bring an extra crib sheet from home - the hotel ones are usually a little gross looking and not super safe for baby.

The 4oz rule does not apply to anything you need to bring aboard to feed your baby: formula, breastmilk, and pouches.

When packing for your baby, I recommend either using packing cubes or trying the viral over-the-door shoe hanger hack (which I love - [see my video](#)). Both of these help keep everything nice and organized for when you arrive.

Make sure to put an extra onesie or two in your diaper bag that is easy to access. I also would suggest bringing ones that you don't care about too much - throw it in your wet bag or a doggie poop bag and deal with it at your destination. I love Miss Mouth's stain remover, but depending on how long your travel is you might end up with a stained onesie!

## Travel Documents

For domestic travel in the US, I have never needed to show anything for my baby.

For international travel, I have had to show his passport and have been asked for a birth certificate. I would have both on hand just in case. If you and your partner have different last names, you must show a birth certificate. If you are traveling with your baby without your partner, you need a signed and notarized letter of consent for travel.

Sidenote: when we went to get our baby's passport, I had to put the nastiest white sheet over my head to hold him for the photo. Bring your own white cloth to put over your face and save yourself the nasty germy sheet that has been at the post-office for 17 years.

# Packing List

Direct Flight, No Layover

Use this as a guide for what to bring with you on the plane.

## DIAPER BAG

- 1 diaper/hour of travel
- changing pad
- wipes
- burp cloths
- feeding supplies
- feeding supplies
- 1 extra onesie  
If you have a long flight, pack a couple extra.  
I once threw an entire onesie in the trash at the airport because it was "done"
- Wet Bag
- Suction Spinners (4+ months)
- Toys (4+ months)
- Quiet Book (4+ months\_

## STROLLER, CARSEAT, ETC

- Stroller
- Stroller Check Bag
- Carseat
- Carseat Check Bag
- Baby Carrier

## FEEDING SUPPLIES (Breast Feeding)

- Feeding Cover Up
- Bottles
- Bottle Warmer
- Breast Milk

## FEEDING SUPPLIES (Formula)

- Bottles (at least 2 extra)
- Formula container
- Bottle Warmer
- Water Bottle  
I have a dedicated "sterile" water bottle we use only for bottles
- Puffs or Teething Cracker (6+ months)

## INTERNATIONAL?

- Passport and Birth Certificate

[SUGGESTED ITEMS](#) >

# Packing List

## Long Flight or with a Layover

Use this as a guide for what to bring with you on the plane.

### DIAPER BAG

- 1 diaper/hour of travel
- changing pad
- wipes
- burp cloths
- feeding supplies
- feeding supplies
- 1 extra onesie/flight  
If you have a long flight, pack a couple extra.  
I once threw an entire onesie in the trash at the airport because it was "done"
- Wet Bag
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# Checking in and TSA

In this section, let's get to know your inner self the right way. Include an interesting descriptions for the readers.

## Checking In

Checking in to your flight might take longer. You won't be able to check in online with a lap infant.

I've had a checkin take over 30 minutes before...

## Luggage

You can check a stroller and carseat for free. Pack 'n plays usually count as luggage, but check with your airline.

You can bring a diaper bag and feeding machine/breast pump on board. These do not count as your carryon or personal items.

## TSA

Every TSA experience I have had is different. However, you are allowed to bring breastmilk, formula, and pouches through security even if they are over 4 ounces. They will do an extra screening on them - it's fast.

You will need to take baby out of whatever carrier they are in to carry them through security.

## At the Gate

Before you go to the bar, go to your gate and get gate check tags if you are gate checking your stroller and carseat.

This is also a good time to ask if there are any open seats so you could bring your carseat on the plane and baby gets their own seat!

# On the Plane

## Takeoff & Landing

Congrats! You made it on the plane. Make sure you have a bottle on hand or breastfeed your baby as the plane takes off. This helps their little ears adjust to the pressure. Do the same for landing!

Once you are in flight, hopefully your little one has decided to take a nap and the white noise of the plane is keeping them asleep. If not, take a deep breath. Remember babies are allowed on planes and are allowed to make noise. It feels 1000 times more stressful when it is your baby crying, but just remember that most people have noise cancelling headphones in their ears and frankly just don't care.

For 0 - 4 months, there isn't much you can do other than offer them a bottle or a boob, make sure they are warm enough, and hold them in your arms. If they are 4 months +, start pulling out the toys! I always start with the suction spinner because my son loves them. Once he gets bored, I put those away and pull out something new. If you ended up with an extra seat or the entire row (lucky you!) try out this hack with a swaddle blanket to make a little hammock for them to sleep and keep your arms free.

## Feeding and Diaper Changes

I have not attempted to change my baby's diaper in the lavatory, but I know it is possible. Some have small fold-down changing tables. I would likely only do this if it were an emergency or a long flight.

I have changed my baby's diaper right on my lap. You have to do this quickly because it is certainly frowned upon. Your best bet is to change their diaper immediately before boarding and then again when you land.

When it comes to feeding on the plane, I bring a sterile water bottle that I only use for bottles, pre-portioned formula containers, and my Baby Brew to warm everything up.



# You've Arrived

## Grab Your Gate Check Items

Remember to wait on the bridge to grab your gate check items (i.e. stroller and carseat!).

## Accommodations

Time to grab your one zillion bags and either rent your car, grab an uber, or taxi to your hotel or AirBnb or wherever you are staying!

At check-in, verify that a crib is ready for you in your room. Set up the crib with your own sheet from home first thing so that it is ready when it's time for a nap.

Get your family outside! Now that you have made it through the airport, go grab yourself a cocktail and take a walk. Fresh air always helps with jet lag and irritability.



# Thank you!

As we bring our guide to a close, I want to extend a heartfelt thank you for embarking on this journey with me.

The path of parenting is as challenging as it is rewarding, and adding the dimension of travel opens up a world of unparalleled experiences and memories that will enrich your family's story in the most beautiful ways.

I hope this guide serves not just as a toolkit for navigating the skies with your little one, but also as a source of inspiration, encouraging you to step out of your comfort zone and explore the vast, wonderful world with your baby by your side. Remember, every flight, every destination, and every moment spent discovering new sights together contributes to a tapestry of experiences that will be treasured by your family forever.

To all the adventurous parents and their tiny travelers, thank you for letting me be a part of your journey. May your flights be smooth, your adventures be grand, and your memories be cherished. Here's to many more journeys together, exploring, learning, and growing as a family. Safe travels, and see you in the skies!

