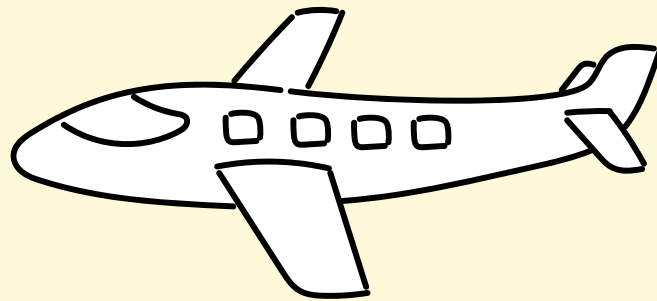


# Carry-On Flight Survival Kit (for Families)

**Created for stress-free family travel**

# Flying with kids doesn't have to feel overwhelming.



**This checklist is everything I keep in our carry-on to:**

- stay prepared for delays
- avoid mid-flight stress
- keep baby comfortable
- make travel feel manageable

**It's not everything you pack—just what you need in the air.**



# Feeding & Snacks:



## **For Baby**

- Manual or electric breast pump (if needed)
- 1-2 bottles
- Pump wipes
- Nursing cover
- Portable bottle warmer (like Ceres Chill - keeps milk warm or cold)
- Pacifiers (If your child takes one, bring 3-4)

## **For Baby Cont**

- Pouches (easiest on the go option)
- Yogurt Melts (if age appropriate)
- Teething crackers
- Puffs
- Bib

## **For Toddler:**

- Snack spinner
- Dried fruits
- Cheese sticks
- Crackers
- 1-2 special treats
- Water bottle



# Sleep & Diapering



## Sleep

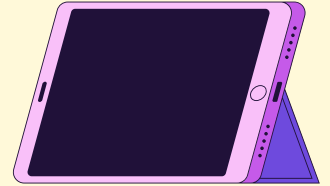
- Noise reducing earmuffs
- Sleep sack
- Portable sound machine
- Lovey or blanket (if your child uses one)

## Diapering

- Diapers (1 per hour of flight + extras)
- Wipes
- Rash cream
- 1-2 spare outfits for each baby/child
- Portable changing pad



# Entertainment



## For Baby

- Suction toys / spinners
- Mini board books
- Indestructible Books
- Magnatiles (small set)
- Small toy car

## For Toddler

- Tablet + headphones
- Sticker books
- Water Wow books/Mess-free coloring
- Wikki Stix
- Mini puzzles
- Small backpack to carry their own stuff

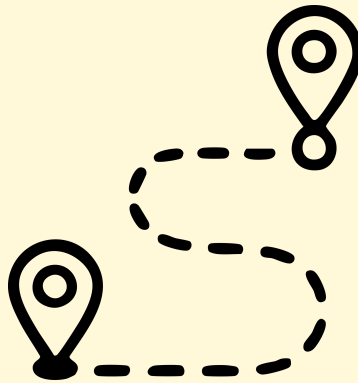
# For the Parents

- **Change of clothes (at least 1 parent)**
- **AirPods/headphones**
- **Portable charger**
- **Light layer (jacket or scarf)**
- **Lotion and lip balm**
- **Snacks/gum**



# Health + Our Rule

- Hand Sanitizer
- Wet Wipes for messy hands
- Lysol Sanitizing Wipes
- Tide To Go/Shout Wipes for stains
- Medications (Ibuprofen/Acetaminophen for ear pain and if age appropriate + plus any personal medications you may need)



**Our Flight Rule: I always assume delays, spills, and boredom will happen—so I only pack what actually helps us get through the flight calmly, not perfectly.**

# Want more simple family travel help?



Join my email list for:

- Real-life travel tips
- Packing systems that actually work
- Family-friendly itineraries

Read more at [TheMigoniKitchen.com](https://TheMigoniKitchen.com)