



Mom 411 Baby Travel Guide

Real Tips. Real Products.
Real Mom Experience.

Welcome

Hi! I'm Melanie, and I'm so glad you're here.

This guide is everything I wish someone had handed me before my first flight with a baby. No fluff, no judgment—just real tips from a real mom who's been through it.

Why trust me?

Since becoming a mom, I've:

 **Flown internationally with my baby**

 **Flown solo on a cross-country red-eye**

 **Traveled with both a full-term baby and a preemie**

 **Taken beach vacations, weekend getaways, and cross-country trips**

Everything in this guide comes from real-life experience—not just hours spent researching online.

What's inside:

Before You Book

International Travel

What to Pack

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Pre-Flight Checklist

Let's make traveling with your baby feel a whole lot less overwhelming. ❤️

Before You Book

A few decisions before booking can make your trip dramatically easier.

Choose direct flights whenever possible.

Even if they're a little more expensive, skipping a connection means fewer opportunities for delays, missed naps, and carrying all of your gear through another airport.

Window seat over aisle.

I almost always choose the window seat when traveling alone with a baby. It gives us our own little space and prevents people from climbing over us while the baby is sleeping.

Morning flights usually win.

Flights early in the day tend to have fewer delays and happier babies.

If your budget allows, buy baby a seat.

While lap infants save money, having an extra seat can make a huge difference on longer flights.

Mom 411 Tip: Always ask the gate agent if there are empty seats before boarding. You may get lucky and be able to bring your car seat onboard for free or just have more space to spread out.

International Travel With a Baby

International travel with a baby sounds intimidating...but I promise it's much more manageable than it seems.

I flew from Los Angeles to London with my baby, and these are the things I wish I'd known before booking.



Reserve the bassinet.

If your baby meets your airline's age and weight requirements, call after booking and request a bulkhead bassinet. They're available on many international flights at no additional cost and can make overnight flights much more comfortable.



Every baby needs a passport.

Even newborns need their own passport to travel internationally. If your trip is coming up quickly, expedited passports can often be processed in as little as a week with proof of travel (with both parents present).



Book the trip while you're still pregnant.

This may sound counterintuitive, but it's one of the best decisions I made.

I knew that if I waited until after my daughter was born, I'd find a hundred reasons not to book the trip. By booking while I was pregnant, I gave myself something exciting to look forward to...and I always knew I could cancel if needed.

I'm so glad I didn't.



Don't wait for the "perfect" time.

There will always be reasons to postpone traveling with a baby.

Sometimes the hardest part is simply booking the trip.

Mom 411 Tip: Call your airline after booking to ask about bassinets, baby baggage allowances, and any family boarding options. Every airline is a little different.



What to Pack (Carry-On)

These are the items I never board a plane without. There’s always the possibility your checked bag gets lost so make sure you carry on the essentials.

- ☐ Diapers (more than you think)

☐ Wipes

☐ Portable changing pad

☐ Two extra outfits for baby

☐ One extra shirt for yourself

☐ Formula or breast milk (ideally pre-measured)

☐ Bottles

☐ Burp cloth
- ☐ Portable sound machine

☐ Baby carrier

☐ Small blanket

☐ Baby medicine

☐ Hand sanitizer

☐ Snacks (older babies)

☐ A few favorite toys

☐ Phone charger

Mom 411 Tip: Keep one complete outfit for yourself in your carry-on in case your baby decides to have a blow out or spit up that gets all over you.

Packing Hacks I Wish I Knew

The biggest mistake I made on my first trip?

I packed everything.

Now I actually bring less, and traveling is so much easier.

Use your stroller travel bag wisely.

Most parents don't realize your stroller travel bag is extra storage. Before gate checking it, I fill mine with bulky items like...

- ✓ Jackets
- ✓ Baby blankets
- ✓ Diapers
- ✓ Swim towels
- ✓ Beach toys
- ✓ Extra clothes

Since the stroller is being checked anyway, it's an easy way to free up space in your suitcase without carrying another bag.

Put an AirTag inside your stroller or car seat bag.

Checked baby gear occasionally gets misplaced.

An AirTag gives you peace of mind and lets you see exactly where your gear is if it doesn't arrive immediately.

Check your luggage whenever possible.

Especially if you're traveling solo.

The fewer bags you have to juggle through security and while boarding, the easier your trip will be.

Keep your diaper bag organized.

Pack similar items together so you're never digging for wipes while balancing a baby in your lap.

Mom 411 Tip: Every extra bag becomes one more thing to carry. If you can simplify your setup before leaving home, you'll enjoy the trip so much more.



Things TSA Doesn't Tell You

One of the biggest sources of stress for parents is airport security.

The good news? TSA is much more parent-friendly than most people realize.

You can bring:

- ☐ Formula
- ☐ Breast milk
- ☐ Baby food
- ☐ Juice for babies
- ☐ Ice packs needed to keep milk cold
- ☐ Pre-measured bottles with water

These items are allowed in quantities larger than the standard liquid limit.

Keep them together in an easy-to-access bag so screening goes more quickly. Your bag will need an extra screening so allow for extra time so you aren't stressed about making your flight.

If you'd rather not have your milk opened or handled, politely ask for alternative screening.

Mom 411 Tip: Don't bury your bottles at the bottom of your diaper bag.



Airline Secrets

Here are a few things I wish someone had told me sooner.

- [] Gate check your stroller instead of checking it with your luggage. That way, your baby can stay in the stroller until you board.
- [] Bring your stroller all the way through the airport.
- [] Ask if your airline has extra seats available.
- [] Bring an empty water bottle to refill after security.
- [] If your baby sleeps well in a carrier, wear them through the airport instead of pushing a stroller.
- [] Call the airline after booking and add your baby to the reservation if you're traveling as a lap infant.
- [] Ask the gate agent if there's an empty seat before boarding. If there is, they may let you bring your car seat onboard for free.

Mom 411 Tip: Never be afraid to ask for help. People are more willing to lend you a hand than you might think!



Flying Solo With a Baby

I've done it, and yes, you can too.

My biggest advice? Simplify.

Check your luggage. Bring only your diaper bag (we love the backpack ones) and purse onboard so you have free hands.

Gate check the stroller and throw the carrier in your diaper bag in case baby gets fussy and you need to walk around on the flight.

The fewer bags you're carrying, the easier every part of your trip becomes.

Don't worry about entertaining your baby every minute. Walking the aisle, looking out the window, and watching people board are often enough.

If someone offers to help, let them. Most people genuinely want to.



Helping Baby Sleep

Don't stress about having a "perfect" nap day.

Travel days are different. That's okay.

Bring:

- ☐ Portable sound machine
- ☐ Pacifier
- ☐ Familiar blanket (if age appropriate)

Once you arrive, recreate bedtime as closely as possible.

Babies usually adapt faster than we expect.

My Favorite Baby Travel Products

These are the items I reach for every trip.



Travel stroller



Infant car seat



Portable sound machine



Formula dispenser



Diaper backpack



Baby carrier



Portable fan



Blackout Tent



Dirty diaper bags



Travel bottle washer



Beach Vacations

Beach days with babies are completely different than they were before kids—but they can still be fun.

Bring:

- ☐ Umbrella
- ☐ Portable fan
- ☐ Rash guard
- ☐ Plenty of sunscreen (if age appropriate)
- ☐ Extra towels
- ☐ Cooler
- ☐ Water table (if baby is standing/leaning!)
- ☐ Baby bouncer for younger babies to sit under umbrella
- ☐ Sand toys

Mom 411 Tip: A simple water table can keep babies entertained far longer than expensive beach toys.



My Biggest Travel Mistakes

- ☐ I packed way too much.
- ☐ I didn't realize formula was allowed through TSA.
- ☐ I carried too many bags.
- ☐ I worried far more than I needed to.
- ☐ I thought every nap had to be perfect.

What I learned: Babies are far more adaptable than we give them credit for. Be patient and try to let go of the schedule. You can get them back on their routine when you get home.

The Ultimate Pre-Flight Checklist

One Week Before

- ☐ Check passports (if expired, you can get one within the week if you show proof of travel)
- ☐ Order diapers and formula (sometimes we buy diapers there or order in advance)
- ☐ Confirm hotel or rental has a crib
- ☐ Download shows and music

Two Days Before

- ☐ Wash bottles
- ☐ Charge sound machine
- ☐ Do laundry
- ☐ Refill medications

The Night Before

- ☐ Pack diaper bag
- ☐ Pre-measure formula
- ☐ Charge electronics
- ☐ Set aside travel outfits

Before Leaving for the Airport

- ☐ Feed and change baby
- ☐ Add pre-measured water to bottles
- ☐ Check boarding passes
- ☐ Take a deep breath

You've got this.



Final Thoughts

If there's one thing I hope you take away from this guide, it's this:

You don't need to be a perfect traveler to have a wonderful trip with your baby.

There will be delayed flights, missed naps, diaper blowouts, and unexpected moments.

But there will also be first beach days, first airplane rides, family adventures, and memories you'll talk about for years.

Traveling with babies isn't about everything going perfectly.

It's about showing yourself that you can do hard things—and that the world is still yours to explore, even with a diaper bag over your shoulder.

Your Journey Doesn't End Here

You've got this.

I hope this guide helps you feel a little more confident packing that diaper bag, heading through airport security, and making memories with your family.

But travel is just one part of parenting.

That's exactly why I created Mom 411—a completely free app that puts trusted resources, product recommendations, and real-life mom resources all in one place.

Inside the free Mom 411 app you'll find:

- Pregnancy and postpartum resources
- Product recommendations for mom, baby and toddler
- Community
- Which experts to follow
- Easy mealtime ideas and recipes
- New content added regularly

 Download the Mom 411 app for free.

Motherhood is hard enough so we're on a mission to help moms feel less overwhelmed by pointing you in the right direction. No gatekeeping!

See you inside,

Melanie

Founder, Mom 411