

Travel Packing Checklist

【Essential for Travel Time】

- ☐ Thermos bottle with hot water
- ☐ Cold water (to mix with hot water)
- ☐ Cube or stick-type milk formula (enough for travel time + at least 2 extra servings)
- ☐ Baby bottles (if needed: I personally brought 3 even for day trips)
or
- ☐ Ready-to-drink canned formula
- ☐ Trash bag for tissues, etc.
- ☐ Plenty of wet wipes
- ☐ Diapers (details on blog)
- ☐ Flushable wet wipes (2 packs)
- ☐ 2 sets of extra clothes (and more for spills)
- ☐ Familiar toys

【Optional but Useful – Milk-Related】

- ☐ Bottle brush & detergent (travel size) – in case you wash bottles at the hotel
- ☐ Disposable microwave sterilization bags (if there's a microwave)
- ☐ Sterilization tablets for bottles (if you have a water container)
- ☐ Confirm if the hotel has an electric kettle in advance

【Disposable Bottle Use】

Useful for emergencies or when you want to reduce luggage.

- Nursing cover – For feeding in public or places without nursing rooms

【Useful at the Hotel】

- Familiar pajamas
(Having a parent's scent nearby helps babies sleep soundly – and gives you some time too)
- S-hook – For hanging bags or items
- Noodle cutter (if your child is eating solids)

【If Necessary】

- Familiar shampoo and conditioner
- Disposable diapers (often better to buy locally)
- Wet wipes
- Diaper disposal bags

【Emergency Prep】

- Fever reducer
- Thermometer
- Band-aids
- Insurance info (health or travel insurance documents)
(Bring your travel insurance certificate, or your health insurance card if you're a Japan resident)
- Cash (Especially important if you don't carry a credit card)
- Most importantly
A calm and positive mindset for you, the parent
That's what makes the trip enjoyable.

Wishing you a fun and smooth trip!