

PLANNING CHECKLIST FOR TRAVEL WITH BABY

- * When booking accommodation, make sure it's not anti baby or child: some places are dangerous and some don't allow children to stay (see the 'Kid-friendly Accommodation' section).
- * If you're bottlefeeding, get your baby used to drinking room-temperature or cool formula in case you can't heat bottles during the journey.
- * Leave your doctor's phone number, your insurance details, your credit card numbers and any other vital information with a reliable friend or rely.
- * If at all possible, line up relatives, friends or reliable babysitters at the other end to pick you up or hold the baby.
- * Pack a baby bag to be carried as hand luggage at all times. A small backpack is easiest to carry when travelling because it leaves your arms free when you're on the move.
- * Pack a case or large bag for your baby and a separate one, or separate compartment in the bag, for yourself.

