

PACKING LIST



A GUIDE ON WHAT TO PACK BEFORE YOU HEAD OUT ON A BIG TRIP AND THE MEDICINE I LIKE TO INCLUDE.

DR. **ORGANIC MOMMY**
COM



PACKING FOR KIDS

Vacation is a time to relax, so I compiled the packing lists I use to make prepping for the trip as easy as possible.

I have four kids, so my packing list is more personal to my family. If you wouldn't bring bows for your kiddos, then leave them off! Use this as a guide to help direct the packing process, but tailor it to the needs of your family. I left blanks for you to fill in the number of items, more if you are going on a long trip, less if you're packing for a weekend getaway.

This is just what goes into the suitcase, if you also want to see how I keep my babies and kids entertained while we're traveling, see [this post on my activity boxes](#). All are downloadable, printable and free! Hope they help!

DR. **ORGANIC MOMMY**
COM



PACKING FOR MY SON

DR. **ORGANIC MOMMY**
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TOILETRIES

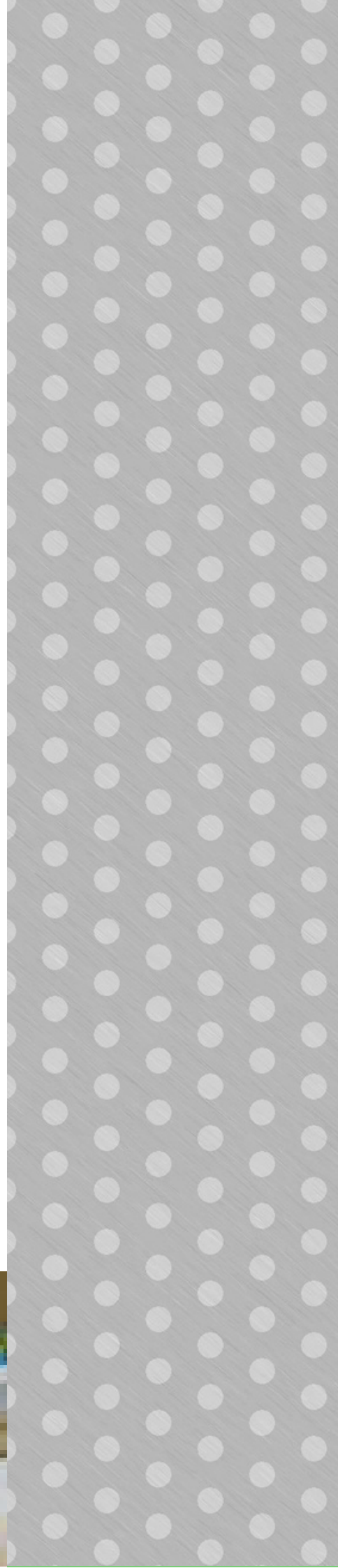
- _ Toothbrush
- _ Toothpaste
- _ Tongue scraper
- _ Floss
- _ Shampoo
- _ Conditioner
- _ Body wash
- _ Hairbrush

CLOTHES

- _ Pajamas
- _ Underwear
- _ Socks
- _ Tennis shoes
- _ Undershirt
- _ Tank tops
- _ Black
- _ White
- _ T-shirts
- _ Sweatshirts
- _ Sweatpants
- _

WARM WEATHER

- | | |
|---|---|
| <input type="checkbox"/> _ <u>Sunhats</u> | <input type="checkbox"/> _ <u>Shorts</u> |
| <input type="checkbox"/> _ <u>Sunglasses</u> | <input type="checkbox"/> _ <u>Water shoes</u> |
| <input type="checkbox"/> _ <u>Swimsuit</u> | <input type="checkbox"/> _ <u>Sunblock</u> |
| <input type="checkbox"/> _ <u>Rash guards</u> | <input type="checkbox"/> _ |
| <input type="checkbox"/> _ | <input type="checkbox"/> _ |
| <input type="checkbox"/> _ | <input type="checkbox"/> _ |



COLD WEATHER

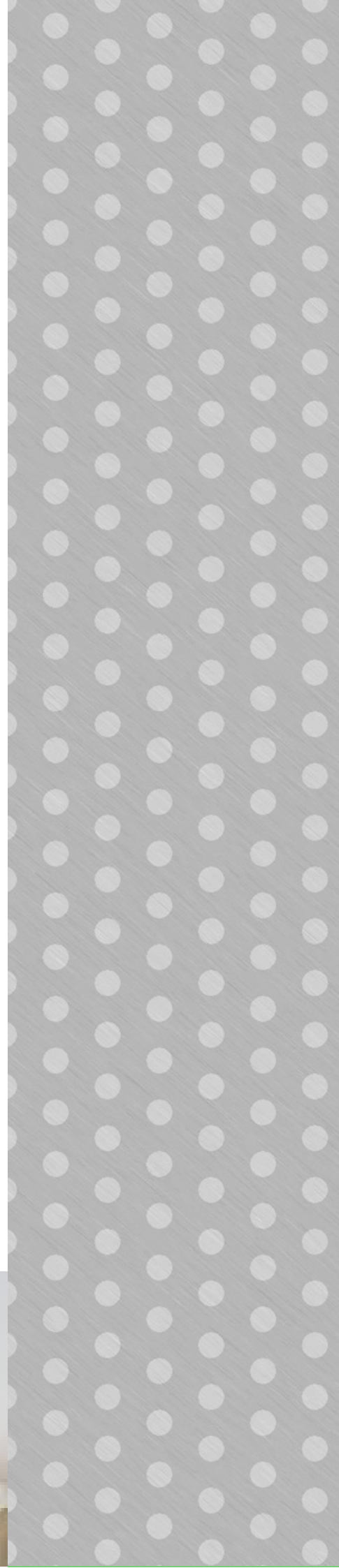
- _ Warm hats
- _ Gloves
- _ Scarves
- _ Long underwear
- _ Rain boots
- _ Rain jacket
- _ Snow boots
-

NICE CLOTHES

- _ Jeans
- _ Polo shirt
- _ Blazer
- _ Button down shirt
- _ Sweater vest
- _ Loafers
-

SLEEPING

- _ Loveys
- _ Alarm clock- Alarm clock
-



PACKING FOR MY 3 YEAR OLD GIRL

TOILETRIES

- _ Hairbrush
- _ Hair bows
- _ Hair detangler
- _ Bath mat
- _ Toothbrush
- _ Toothpaste
- _ Floss + Tongue scraper
- _ Toilet seat
- _ Shampoo/body wash
- _ Conditioner
- _ Bath washcloths
-

CLOTHES

- _ Underwear
- _ Socks
- _ Shoes
- _ Tennis shoes
- _ Water shoes
- _ Sandals
- _ Dresses
- _ Tights
- _ Undershirts
- _ Leggings
- _ T-shirts
- _ Long sleeve shirts
- _ Sweaters
- _ Sweatshirts
- _ Sweatpants
- _ Packing cubes (code: DRORGANICMOMMY)



WARM WEATHER

- _ Sun hats
- _ Sunglasses
- _ Swimsuits
- _ Swim shirts/rash guards
- _ Shorts
- _ Sunblock
-

COOL WEATHER

- _ Warm hats
- _ Gloves
- _ Scarves
- _ Long underwear
- _ Rain boots
- _ Rain jacket
- _ Snow boots
- _ Sunblock
-

SLEEPING

- _ Sound machine
- _ Baby monitor
- _ Blanket
- _ Pajamas
- _ Loveys
- _ Crib sheets (code: DRORGANICMOMMY)
- _ Wool waterproof pad
-



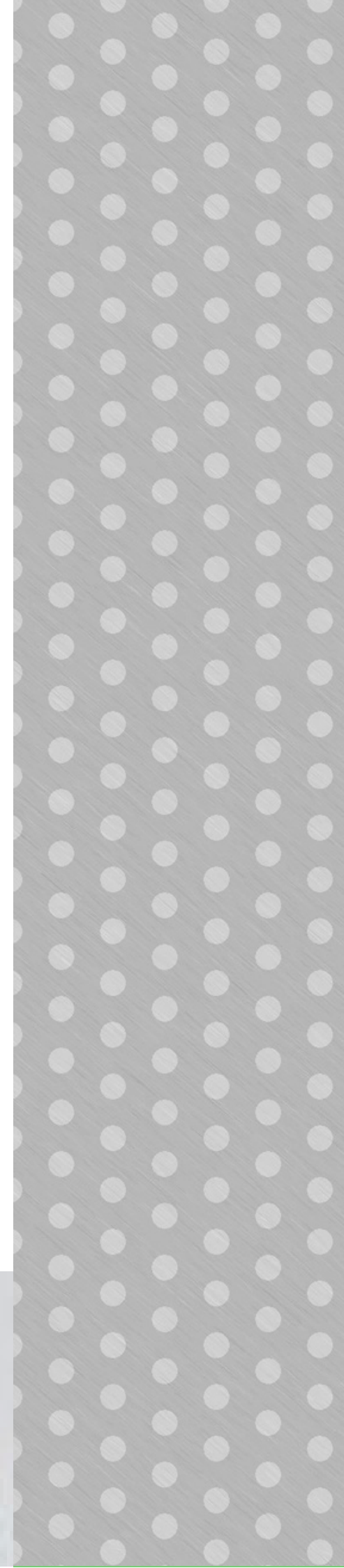
PACKING FOR MY BABY GIRL

BABY TOILETRIES

- _ Diapers
(if you can ship to destination, even better)
- _ Wipes
- _ Diaper cream
- _ Beb Organic healing gel
- _ Cocokind skincare baby soothe salve
- _ Hamilton Baby eczema cream
- _ Bottle brush travel set
- _ Dish soap (code: DRORGANICMOMMY)
- _ Bath mat Hevea
- _ Blow up bathtub
(if needed, I line it with a towel)
- _ Towels
- _ Wash cloths
- _ Toothbrush + Toothpaste
- _ Floss + Tongue scraper
- _ Shampoo/body wash
-

CLOTHES

- _ Pajamas
- _ Sleep gowns
- _ Undershirts
- _ Socks
- _ Leggings
- _ Dresses
- _ Sweaters
- _ Shoes
-



WARM WEATHER

- _ Sunhats
- _ Reusable swim diaper
- _ Swim suits
- _ Rash guard
- _ Sunglasses
- _ Sweaters
- _ Shoes
-

COLD WEATHER

- _ Warm hats
- _ Mittens
- _ Snow suit
- _ Long underwear
- _ Snow boots
- _ Pajamas
-

SLEEP

- _ Crib sheets (code: DRORGANICMOMMY)
- _ Wool mattress pad
- _ Blanket (for stroller)
- _ Lovey's
- _ Baby monitor
- _ Pacifiers
- _ Silicone reusable bag (for pacifier)
-



TOYS

- _ Silk Scarves
- _ Wooden teething toys
- _ Rubber ball
- _ Roll up baby mat (use on top of carpet in hotels)
- _ Labels for toys (sand toys or blow up toys)
-

BREASTFEEDING + PUMPING

- _ Portable breast pump
- _ Pump parts
- _ Pumping tubes
- _ Charging cord for breast pump
- _ Hospital grade pump
- _ Tubes for hospital grade pump
- _ Pump bag
- _ Connectors
- _ valves
- _ flanges
- _ Duckbill membranes (I bring a few extra)
- _ Silver nipple cups
- _ Nipple cream
- _ 4 oz glass bottles
- _ 8 oz glass bottles
- _ Bottle caps (to go on Evenflo bottles)
- _ silicone manual breast pump
- _ Reusable produce bags (to put dirty/clean pump IN)
- _ Breastmilk storage bags
- _ Cooler
- _ Ice packs for cooler
- _ Travel bottle brush kit
- _ Tote/bag
- _ Pumping scarf
- _ Milk supplements
- _ Dish soap (code: DRORGANICMOMMY) with a 3 oz squeeze bottle
-



CHECKED LUGGAGE

- Luggage
- Bouncer travel Tote
- Baby bouncer
- Doll
- Playmat (code DRORGANICMOMMY)
- Owl teether
- Baby paper
- Scarf on ring
- Rubber ball
- Bouncer play bar
- Moon Bay (code DRORGANICMOMMY)
- Slumberpod
- Collapsible tub
- _

CLEANING

- Stainless Bowl
- Travel bottle drying rack
- Laundry detergent (code: DRORGANICMOMMY)
- Small spray (code: DRORGANICMOMMY on starter kits)
- Dish Soap (code: DRORGANICMOMMY) in GoToob
- Organic dish towels
- _



DIAPERING + MEDS + BATHING

- _ Diapers
- _ Cotton pads
- _ Baby nasal aspirator with filters
- _ Mouth exercises
- _ Diaper disposal bags
- _ Washcloths (code DRORGANICMOMMY)
- _ Towels
- _ swaddles (code DRORGANICMOMMY)
- _ Baby shampoo
- _

PAJAMAS + LOUNGEWEAR

- _ Dresses
- _ Pants
- _ Pajamas
- _ T-shirt (short and long sleeve)
- _ bodysuit
- _

BABY SLEEP

- _ Shusher
- _ Batteries (2 AA) and screwdriver for shusher
- _ Pacifier in case
- _ Sleep sack
- _ Crib sheets (code DRORGANICMOMMY)
- _ Wool puddle pads, crib sized
- _ Sound Machine
- _ Lovey
- _



THINGS I PACK FOR ALL KIDS

MEDICINE

- _ Sweet Victory elixir (code DRORGANICMOMMY)
- _ Elderberry syrup (code DRORGANICMOMMY)
- _ Cough medicine (code DRORGANICMOMMY)
- _ Chest rub
- _ Vitamin D3/K2 spray
- _ Vitamin B12
- _ Allergy drop
- _ Forager's balm or Bug spray
- _ Ear oil
- _ Eye drops
- _ Tea tree antiseptic ointment
- _ Healing gel
- _ Kid throat spray
- _ Multi- purpose ointment
- _ Acetaminophen
- _ Children's dye- free Motrin
- _ Liquid allergy and Allergy tablets
- _ BLDG Active (code: DRORGANICMOMMY)
- _ Otoscope
- _ Thermometer
- _ Children pulse oximeter or fingertip pulse oximeter
- _ Bandaids
- _ Arnica cream
- _ Nail clippers
- _ Essential oils
- _ Wool and muslin cloths (for cool lemon wrap)
- _ Homeopathic kits (code: DRORGANICMOMMY)
- _
- _
- _
- _

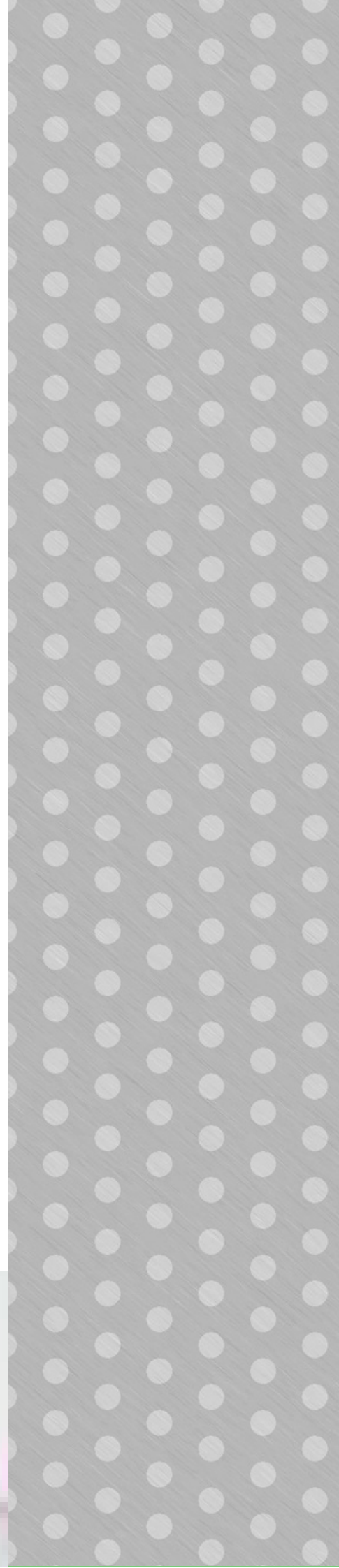


TOILETRIES FOR ALL

- _ Shampoo
- _ Body wash
- _ Conditioner
- _ Toothpaste
- _ Floss
- _ Bath mats
- _ Hand soap (code: DRORGANICMOMMY)
- _ Laundry detergent (code: DRORGANICMOMMY)
-

KITCHEN FOR ALL

- _ Nut milk bag
 - _ Matcha cup (for me)
 - _ Matcha
 - _ Protein powder
 - _ Buckwheat flour
 - _ Teff flour
 - _ Oat flour
 - _ Steel cut oats
 - _ Goodmylk powdered almond milk
 - _ Pound of almonds, cashews, walnuts
 - _ Travel snacks (**see below for list**)
 - _ Reusable bamboo silverware kits
- (I put one in each kids backpack/diaper bag)
- _ Plates
 - _ Glass straws
 - _ Tiny cup
 - _ Smoothie cups
 - _ Bibs (for baby)
 - _ Hand wipes
 -



SNACKS

_ Skout Organics

use code: DRORGANICMOMMY

_ Seaweed

_ Mushroom Jerky

_ Apple chips

_ Freeze dried produce - don't get blueberry or strawberry as they stain fingers.

_ Homemade nut free granola ([recipe here](#))

_ Refrigerated organic pouches

(I use pouches for travel on planes with babies 6-18 months, and I put in a cooler bag)

_ Prunes

_ Fruit jerky snacks

_ Popped water lily seeds

use code: DRORGANICMOMMY

_ Cooler filled with snack plates. Depending on length of flight I may pack 2 snack plates

and mark them snack #1 and #2 in the

Innobaby din din plates. Or for

one child can use this lunch bag cooler .

Can also use a this bag for shorter flights.

_

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GEAR

- _ Car seat + wheeled stroller
- _ Nuna Pipa rx- don't need the base and light to travel with.
- _ Travel Car Seat w/ Carry Bag: pricey but also great to have for friends in the car and easy to install. Great for forward facing (22-50 lbs. and 30-45 inches. Lightweight and compact for travel. *I personally gate check my car seats.
- _ Suitcase

STROLLER

- _ Baby Zen
 - _ Bugaboo Butterfly seat stroller
 - _ Stroller fan
- *never cover stroller or car seat completely as it creates a greenhouse effect making it too hot
- _

CARRIER

- _ Scout
- _ Sling
- _



DIAPER BAG:

- _ Organic canvas diaper bag
- _ Fawn Design Bag
- _ Kibou fanny pack
- _

MONITORS

While they do emit emf, when traveling it's nice to have. Just keep on opposite wall of crib/place of sleep

- _ V TECH audio
- _ Infant Optics
- _

SOUND MACHINE:

- _ Portable battery charged without wifi
- _ Homedics

CRIB + BEDDING:

I rent a crib or ask the hotel to use one

- _ I bring my own crib sheets, one slept in one so the smell makes it easier for baby to acclimate
- _ Wool puddle pad
- _ Slumperpod- must have especially if sharing a room with baby. Not the most nontoxic but 80/20.



TIPS FOR SLEEPING:

- _ Use a hanger with clips to hold curtains together
- _ Take a black trash bag and use painters tape to block out sun
- _ Try putting crib in closet/bathroom
- _

ENTERTAINMENT:

- _ Try to seat toddler/preschooler by the window. Let them look outside and enjoy that for a bit. Then hand them window clings. Then can play with Squigz- go on airplane tray and window.
- _ Post it notes
- _ Play dough
- _ Stringing beads sets
- _ Activity boxes
- _

OLDER KIDS

- _ Bracelet/bead making sets
- _ Finger knitting set
- _ Sewing needles and yarn
- _



ON THE PLANE:

- _ Nuna Car seat Bag (may be checked luggage)
- _ Cotton pads
- _ Car seat
- _ Diapers
- _ Tote bag
 - _ Nursing cover
 - _ Wallet
 - _ additional burp cloths
 - _ Twin sheet
 - _ EMF blanket
 - _ Carrier
 - _ Mini Moon pillow
(code: DRORGANICMOMMY)
 - _ Extra cover for moon pillow
(code: DRORGANICMOMMY)

- _ Pumping bag
 - _ 4 diapers
 - _ Diaper disposal bags
 - _ Diaper cream
 - _ Wool puddle pad
 - _ Wipes
 - _ Swaddle blanket
 - _ Painters tape
 - _ Sharpie
 - _ 2 Milk catchers



ON THE PLANE:

- __ Nipples/cap/ring that fit Dr. Browns bottles
- _ 4 oz Dr Browns bottles
- _ Connectors
- _ Valves
- _ Bottle caps
- _ Flanges
- _ Plastic Milk storage bags
- _ Silver nipple cups
- _ Extra tubing
- _ Pump with tubing and cord

- _ Packed diaper bag
 - First aid kit
 - _ BLDG spray (code: DRORGANICMOMMY)
 - _ Rectal thermometer
 - _ Nail clippers
 - _ Tweezers
 - _ Infant suppositories
 - _ Infant acetaminophen w/ dispenser
 - _ Bug bite oil
- _ Lovey.



ON THE PLANE:

- _ Wet dry bag
- _ Hat for sleeping
- _ Clothes
- _ Diaper pouch
 - _ Diaper cream applicator
 - _ Diaper cream
 - _ Diaper disposal bags
 - _ Vitamin D spray. (code DRORGANICMOMMY)
 - _ Saline rinse
 - _ Water in spray bottle
 - _ Wool puddle pad
 - _ Cotton pads
 - _ diapers
- _ Sleep sack
- _ Merino wool blanket
- _ swaddle blanket
- _ burp clothes
- _ Pacifier
- _ milk catcher in silicone bag
- _ Hearing protection
- _ Sunscreen stick

