

Checklist for holidays with children

General

- If necessary, a **copy of the birth certificate**. This is needed when the parent travelling with the child by plane has a different surname. A child travelling alone requires additional documents. Find out more from the airline.
- Nasal aspirator** and **suppositories**, in addition to a first-aid kit
- Cuddly toy**
- Entertainment for your child**: paints, toys, books or tablet
- Audio books or children's music**. Depending on the type of trip, CDs or an MP3 player are ideal. Use child-friendly headphones.
- Baby bottles** and **cleaning materials**
- Drinking bottles**
- Any other food requirements**, e.g. milk powder or jars
- Nibbles**
- If necessary, **sick bags** and **chewing gum** for travel sickness
- Cuddle cloth** and **bibs**
- Dummies**
- Nappy bag** with nappies, wipes and changing mat. Depending on the age of the child, a **potty**.
- Changes of clothes**
- Baby grows**
- Washcloth**
- Baby sleeping bag**
- If necessary, **travel cot**
- Music box** and **night light**
- Baby monitor**
- Sun protection** and **child seat** for car trips
- Baby carrier**
- Stroller** or **buggy**
- If necessary, **high chair**

For summer holiday

- Swimming nappies**
- Swimming aids**, e.g. water wings
- Bathing shoes**
- UV protective clothing**. Children are particularly susceptible to UV radiation.
- Beach toys**
- Hats/head coverings**

