

# Ciao Bambino! What to Bring Checklist

Bring supplies that are important to have readily accessible. Although most items are available in pharmacies around the world, you may not find specific brands. [Traveling with babies and toddlers](#) is less stressful when you feel prepared for any situation. Check out our [baby and toddler travel shopping list](#) for more ideas.

- [Medical and First Aid Supplies](#) - Pain relievers, diaper rash ointment, thermometer, Band-aids, antiseptic wipes, Benadryl, Neosporin, oral rehydration liquid and extra prescription medications
- Formula - Formula is readily available in different destinations but specific brands may vary. Bring enough formula for the entire trip.
- Baby Food - Popular American baby food brands may not be available. If your child has allergies and other specific sensitivities, it may make more sense to bring your supply.
- Diapers and Wipes - Huggies and Pampers are available in many pharmacies and stores in abroad. Bring enough for the plane ride over and for the first day or so.
- Sippy cup and eating utensils
- Changing pad
- Sunscreen
- Sun hat
- Insect repellent
- Emergency Phone List - Doctor's name and phone number, health insurance cards, emergency contacts
- Medical History List - Carry important information about your children's medical history including preexisting conditions, allergies, immunization records.
- Familiar bedding such as a blankets help ease the transition into unfamiliar territory
- Sample size containers of bath supplies
- Small bag of powder laundry detergent
- Washable and disposable bibs
- Lightweight stroller that folds up for convenient storage
- Car seats are a must in some destinations. Read about the decision to [rent or carry car seats while traveling with kids](#) for more information.