

Packing Planner & Check List FORMULA, NG FEEDS, GT FEEDS

FORMULA PACKING PLANNER:

The label on powdered formula or formula concentrate will tell you how much mixed formula can be made from the can or bottle. It will also tell you how much water you will need as well as how long the formula is good at room temperature or if refrigerated once it has been mixed. Some people prefer to use ready made formula when they travel; others plan on using bottled water throughout their trip. There are seven growth spurts in a baby's first year. It's always a good idea to have a little extra formula ready so you do not get trapped in a car with a hungry baby.

(# of feeds per day) X (amount of each feed) = amount of formula needed every 24 hours
(# amount of formula needed every 24 hours) X (#of days you will be gone) = total needed during trip

CONVERSIONS:

(ml is the same as cc)

30ml = 1 ounce = 2 Tablespoons 238ml = 8 ounces = 1 cup
33.8 ounces = 1 liter 50.7 ounces = 1.5 liters 67.6 ounces = 2 liters
16 ounces = 1 pint 32 ounces = 1 quart 128 ounces = 1 gallon

Example 1: If your baby drinks 5 ounces of formula per feed, and you need 4 ounces of water to mix every bottle then you can mix 8 bottles (32 ounces ~ 4 ounces) with a quart of bottled water.

Example 2: If your baby takes 54 ounces of formula every 24 hours and you need 48 ounces of water for mixing, then you will need a 1.5 liter bottle of water every day (50 ounces) or 1 gallon every 2 1/2 days (128 ounces~48 ounces).

CHECKLIST

Cleaning supplies for bottles, nipples, or syringes:

- microwavable sterilizing bags or rack for dishwasher _____
- dish soap, bottle brush _____
- container to carry used bottles & supplies until you can clean them _____
- Cooler with ice packs/ice** * NOTE (never leave formula or formula concentrate in a hot vehicle).

For NG Feeds:

- syringe and stethoscope _____
- bolus (gavage) syringes (plus an extra) _____
- tape and skin protectant _____
- extra tube _____

For GT/JT Feeds:

- syringes and/or formula bags (plus an extra) _____
- extra milk tubing _____
- replacement MicKey button (some hospitals do not stock these) _____
- stoma care supplies _____
- Thickener**, packed for the entire trip as well as for day trips.

Additional feeding supplies:

- Bibs _____
- Burp cloths _____
- Clean up kit for leaks or spills _____
- Baby food _____
- Baby cereal _____
- hard munchables _____
- straw _____
- cups, sippy cups _____

Packing Planner & Check List MEDICATIONS

MEDICATIONS PACKING PLANNER:

If any of the medications need to be given while traveling or at a destination, plan on packing those doses in a place where you can easily reach them, like in a diaper bag. Small insulated bags and freezer ice packs used to transport breast milk, or a couple of bottles, are a great way to carry refrigerated medications for day trips. Depending upon the medication, there is usually some flexibility with administration times so you might be able to give a medication early or late to accommodate your travel schedule. Call the prescribing doctor and ask how much leeway you have, e.g. "can I give this medication/treatment an hour early during our trip?".

ORAL/G-TUBE/J-TUBE MEDICATIONS

	Med 1	Med 2	Med 3	Med 4	Med 5
Name					
Times given					
# of times given per day					
# of flushes used					
Total each column for the number of syringes and caps you will need daily.					
TOTALS					

CHECKLIST

- Do any of these meds need to be crushed, split or mixed?
 - Splitter/crusher
 - Spoons and whatever you mix with the medication
- Hand sanitizer, sanitizing wipes, paper towels for preparation area
- Will I have to give any of these meds while driving, at an event, or at an appointment?
- What PRN's might be needed while you're away from home?
- Do any of these meds need to be refrigerated?

MEDICATION PACKING PLANNER

	Med 1	Med 2	Med 3	PACKING POINTS
IV Medications				
Times given				Gloves (some like to use these when accessing an IV outside of the home environment).
				Hand sanitizer, sanitizing wipes, and paper towels for your preparation area.
				Information card given with implanted devices.
# of times given per day				
# of flushes used per day				
# of alcohol wipes per day				
TOTALS				

Packing Planner & Check List MEDICATIONS & MEDICAL EQUIPMENT

CREAMS, EAR DROPS, EYE DROPS, SUPPOSITORIES, BREATHING TREATMENTS

	Med 1	Med 2	Med 3	Med 4	Med 5
Name					
Times given					

PACKING POINTS

- Do any of these meds need to be refrigerated?
- Pack lubrication near the suppositories (but not in the cooler – now how would that feel?)
- If possible, pack breathing treatment meds in the carry bag with your nebulizer.
- Will there be electricity for the nebulizer machine, if needed?
- Will I have to give any of these meds while we are driving, at an event or at an appointment?

MEDICAL EQUIPMENT PACKING PLANNER

Be sure to list all accessories that go along with medical equipment. So, for an apnea monitor this would include the electrical cord, chest bands, patches, leads and the carry case. For oxygen, include extension tubing, nasal cannulas, patches or tape to secure tubing to your baby's face, any skin prep products used.

It doesn't matter if it is ostomy supplies or pulse ox probes, if you run out of certain supplies on a road trip, then you will have to hunt down a medical supplier or go to an Emergency Department because there are no substitutes. This is one area where starting your list early pays off. You need to keep track of how often you use and replace supplies, both scheduled and on an as needed (prn) basis. The earlier you begin tracking your supply usage, the sooner you will know if you need to place extra orders before your trip. Think of your destination and planned activities and picture yourself taking care of your baby in those settings. Are there disposable or travel versions of your supplies that will make it easier to function outside the home? How do you plan to keep things available and clean?

A good way to prevent forgetting something is to start a pile, box, or bag where you can place things as you go along. Don't need the charger between today and the day you leave? Put it in the pile now, as well as on your checklist. You can sort out the pile later as you pack. Keep the checklist going for yourself or in case somebody else has to finish packing for you. There are some things you do not want to leave home without!

If you are taking a long car ride with portable oxygen tanks then your supplier can help you calculate how many tanks and what size tanks you will need to carry with you. They might be able to make arrangements for you to hand off your empty tanks and receive fresh tanks for the return drive, or give you an alternative to tanks for your trip.

If your destination is a medical office, pack what you need and do not assume they will be able to provide supplies for your baby. A hospital is better equipped, but sometimes it can take hours for admission orders to be processed. I always bring enough supplies for the first day. It is very common for medications and treatments to change after a hospitalization or procedure; if this is the destination don't stock up for the month immediately before leaving home. It is nice to have some supplies waiting at home after a vacation so you don't have to worry about shopping or ordering your first day back. Who do you think gets to unpack all this stuff?

REMEMBER TO BE SAFE , ENJOY YOURSELF AND HAVE FUN!