

# A packing guide for travelling while pregnant

If you're lucky and you feel well enough to travel while you're pregnant then there is nothing stopping you travelling the world. Most airlines restrict travel after 36 weeks (for an uncomplicated single pregnancy) but until then, the world is your oyster.



## What to pack for flying while you're pregnant

- 1: Easy to wheel luggage
- 2: Pillow for the plane
- 3: Vapur Water Bottle
- 4: Letter from the doc
- 5: Travel Insurance
- 6: Heartburn tablets or sachets
- 7: Flight Socks

## Clothes you'll need to travel while pregnant

- 1: Flat, comfortable shoes
- 2: Comfortable but stylish underwear
- 3: Leggings
- 4: Long tops & dresses
- 5: Hair elastic
- 6: Bump Band

