CATSA's Flying with Family Checklist

Baby food, formula, breast milk and juice are permitted in carry-on baggage, if you are travelling with a baby aged two and under. Bring only what you need for the duration of your flight.

Snacks and solid food such as fruits, vegetables, sandwiches and cookies are allowed as carry-on items.

Bottled water and other beverages are not permitted through the pre-board screening checkpoint. Drinks are available in the secure area, past the checkpoint.

Medication. Make sure your prescription medication is properly and professionally labelled. If the medication requires syringes and hypodermic needles, make sure that the needle guards are in place and accompanied by labelled medication. The name on the medication must match the name on the passenger's boarding pass. Prescription and essential non-prescription liquid medications, including cough syrup, nasal sprays, eye drops and contact lens solution may be packed in your carry-on bag.

Gel packs are permitted for medication that requires refrigeration.

Toys guns and weapons ammunition are not permitted in carry-on baggage. Leave them at home to avoid hassles.

Diaper bags and knapsacks. Be prepared to have all the compartments and pockets searched.

Electronic equipment such as iPods, portable DVD players, laptops, computerised games and video cameras are permitted as carry-on items.

NOTE: All liquids, aerosols and gels that are exempted from the liquids restrictions, such as baby milk and liquid medication, must be presented to the screening officer for a separate inspection.