

DIAPER BAG

Essentials

CHECKLIST

Changing / Diapers



- Diapers - 1 spare + 1 per 2 hours
- Diaper plastic bags
 - Biodegradable disposal bags avail.
- Diaper cream, hand sanitizer
- Changing Pad
- Spare clothes & diaper cover

*Look for: A removable, carry-all Changing Pod
It fits spare diapers, pad, wipes, cream,
and bags in one purse pouch.*

Feeding



- Breastfeeding Supplies / Pads
- Bottles prepped
 - Plan for 1 bottle / every 2 - 3 hours
 - Storage for frozen breastmilk
 - Formula Premixed in Ready to Fill Cans
 - Powdered measured in bottle, add water
- Blanket & Burp cloth
- Nibble Foods OLDER BABY
- Baby Food | Powdered Cereal
- Spoon
- Bib
- Chew Toy



Sleep / Calming



- Blanket - Lightweight
- Small Snuggle Toy
- Pacifier
- Play Toy | Book

Spare Clothes



- Full spare outfit
- Shirt/Undershirt
- Pants / Bloomers
- Socks
- Hat – Sunhat or Beanie
- Sweater

*Idea: Pre-pack complete outfits in a ziplock bag so you
are not digging around for those socks or bloomers.*

Extras & Sundries



- Hand sanitizer
- Baby Sunscreen
- Tide stick
- Clippers
- Diaper Disposal bags
- Spare Pacifier / in baggie
- Tissues
- Meds
- Safety pin, bobby pin

*Look for: A small cosmetic bag or zippered purse
pouch to store all the small items in one spot.*



- #### Journal /Schedule & Info Keeper
- BabyTracker

