

Diaper Bag Checklist

Everything you need when you're away from home with your baby.



The First Year

ESSENTIALS

- Diapers** - Two for each hour you'll be out. It's better to have more than not enough.
- Wipes** - Hand wipes are essential for diaper changes, and for cleaning your hands. Use surface wipes for the changing pad and surfaces.
- Hand sanitizer** - For cleaning your hands when there's no soap and water available. Foam sanitizers contain less alcohol and can be less effective.
- Changing pad** - Diaper bags usually come with a reusable changing pad. Disposable changing pads are handy for traveling.
- Plastic bags** - For storing soiled diapers, dirty clothes, and baby blankets.
- Diaper rash cream** - Sample sizes work well and take up less space.
- Bottles / Sip Cup** - Formula or expressed breast milk if you're bottle feeding. Water.
- Bibs** - Helps keep your baby's clothes clean.
- Snacks** - For older babies, bring a jar of baby food and a spoon, or "busy foods" such as small crackers, cheese sticks, and fruit and vegetables cut into small pieces.
- Change of clothes** - You can count on spit-up, spills, and diaper mishaps.
- Blanket** - To cover your baby or to use as a changing pad, nursing cover, bib, shade, or burp cloth. A lightweight blanket is versatile. A bigger blanket is perfect for impromptu picnics if you're out on a walk.

- Pacifier** - If your baby uses one for comfort.
- Sunscreen** - Gentle formula, at least 15 SPF.
- Hat** - For sun protection or warmth.
- Nursing drape** - A fabric cover will give more privacy if you're nursing in public.
- Breast pads** - If you're nursing, these will absorb leaks and keep your clothes clean.
- Emergency information** - Have your doctor's phone numbers programmed in your cell phone. Include a copy of health insurance cards and emergency contacts.

EXTRAS

- Camera** - You'll be happy you brought a camera to catch those special moments!
- Baby sling or wrap** - Even if you've got your stroller, you might want the option of carrying your baby.
- Toys** - Books, crayons, small toys, and stuffed animals to keep your baby busy.
- First-aid kit** - Bandage strips, antibiotic cream, thermometer and pain reliever.

OTHER

Add your own items here.
