



Diaper Bag Checklist

Diaper Changing

- Diapers*
- Baby wipes*
- Diaper changing mat/Quick dry sheet*
- Disposable bag for used diapers*
- Baby cream/powder*
- Hand sanitizer*

Feeding/Nursing

- Baby bottle (expressed breastmilk/formula)*
- Baby bottle/Sippy cup with water*
- Hot water thermos*
- Formula/Baby cereal in airtight container*
- Juice/Milk/Snacks for toddlers*
- Burping cloth*
- Bibs*
- Nursing drapes/Shawl*
- Set of napkins*

Clothes

- Extra onesie*
- Shirt and bottom set*
- Hooded jacket*
- Mittens*
- Socks*
- Head cap*
- Hooded baby wrap/Sling*
- Blanket*

Play n fun

- Toys (rattles/musical toy/small plush toy)*
- Quiet book/Busy book/Activity book*
- Small board book*
- A small mirror*
- Colouring books and crayons for toddlers*

Miscellaneous

- Pacifier/Teether*
- First aid kit (band-aid, antibiotic cream, diaper rash cream, saline drops etc)*

Moms

- Snacks/Juice/Water*
- Extra set of clothes/top*
- Breast pads*
- Nipple cream (for sore breasts)*
- Tissue paper*
- Small wallet with money and ID*
- Mobile/Tablet (with downloaded rhymes for offline viewing)*
- Essential keys and contacts (emergency contact no., paediatrician etc)*
- Tickets and Baby's original birth certificate(if travelling)*