

nappy bag checklist



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pregnancy, parenting and beyond

changing

- nappies (at least 3)
If you prefer to use cloth nappies, ensure that you have any accessories that you require
- wipes or cleansing solution and wipe cloths
- barrier cream and/or powder
- portable change mat
- tissues
- wipes / sanitizing lotion for your hands
- plastic nappy disposal bags or 'wetbag' for cloth nappies
- a full change of clothes for baby
- a change of top for you (just in case...)
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feeding

younger babies

- insulated bottle holder (if bottlefeeding)
- bottles & formula (if bottlefeeding)
- bib(s)
- burp cloth / muslin
- breastfeeding 'cape' for discreet breastfeeding
- a snack & drink for you

older babies

- drinks
- snacks
- bowls & spoons (if necessary)
- wipes for little hands/faces
- plastic bag for used bowls & spoons
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for the sun

- hat
- clothes to cover baby or a light muslin for the pram
- suntan lotion
- insect repellent
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your stuff

- wallet
- keys
- mobile phone
- sunglasses / hat
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general

- a favourite toy or two
- a blanket to lie on
- a pacifier (if required)
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Remember to re-stock your nappy bag when you get back at home so that it's ready to go the next time you go out.