



Nappy Bag Packing Checklist

For Changing

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|-----------------------------------------------------------|------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Nappies (at least 3) | <input type="checkbox"/> Plastic nappy disposal bags or 'wetbag' for cloth nappies |
| <input type="checkbox"/> Nappy rash cream | <input type="checkbox"/> A full change of clothes for baby |
| <input type="checkbox"/> Portable change mat | <input type="checkbox"/> A change of top for you (just in case ...) |
| <input type="checkbox"/> Tissues | <input type="checkbox"/> A swim nappy or warm clothes (jumper, socks) depending on the weather |
| <input type="checkbox"/> Wipes (small travel pack) | |
| <input type="checkbox"/> Sanitising lotion for your hands | |

For Feeding

Younger Babies

- Insulated bottle holder (if bottlefeeding)
- Bottles & formula (if bottlefeeding)
- Bib(s)
- Burp cloth / muslin wrap

Older Babies

- A drink
- Snacks (+ spoon and bowl if needed)
- Wipes for little hands/faces

General

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|---------------------------------------------------------|-------------------------------------------------------------------------------|
| <input type="checkbox"/> Favourite toy or teething ring | <input type="checkbox"/> Clothes to cover baby or a light muslin for the pram |
| <input type="checkbox"/> Blanket to lie on | <input type="checkbox"/> Infant sunscreen |
| <input type="checkbox"/> Dummy (if required) | <input type="checkbox"/> Insect repellent |
| <input type="checkbox"/> Hat | <input type="checkbox"/> Plastic bag (for rubbish or soiled clothes) |

Your stuff

- | | |
|-------------------------------------------|----------------------------------------------------------------|
| <input type="checkbox"/> Wallet | <input type="checkbox"/> Sunscreen lotion |
| <input type="checkbox"/> Keys | <input type="checkbox"/> Bottle of water |
| <input type="checkbox"/> Mobile phone | <input type="checkbox"/> Nursing pads (for breastfeeding mums) |
| <input type="checkbox"/> Sunglasses / hat | |