Diaper Bag Checklist

BABY'S NAME _____

TRIP OR DATE _____

PEDIATRICIAN PHONE _____

EVERYDAY BASICS

- [ ] Phone, keys and wallet
- [ ] Baby's insurance card
- [ ] Small first aid kit
- [ ] Pacifier and a spare, if used
- [ ] Light blanket or swaddle
- [ ] Tissues
- [ ] Sun hat or warm hat for the season
- [ ]
- [ ]

CHANGES

- [ ] Diapers for the outing, plus spares
- [ ] Wipes
- [ ] Diaper cream
- [ ] Portable changing pad
- [ ] Bags for dirty diapers
- [ ] Wet bag for soiled clothes
- [ ] Hand sanitizer
- [ ] Spare outfit for baby
- [ ]
- [ ]

FEEDING

- [ ] Bottles or a nursing cover
- [ ] Formula portions, if you use formula
- [ ] Clean water for mixing
- [ ] Burp cloths
- [ ] Bib
- [ ] Breast pads
- [ ] Insulated bag for milk
- [ ] Snacks and a spoon for older babies
- [ ]
- [ ]

COMFORT

- [ ] Small toy or teether
- [ ] Board book
- [ ] Muslin cloth for shade or cover
- [ ] Extra layer for cold rooms
- [ ] Baby carrier or sling
- [ ] Pacifier clip
- [ ]
- [ ]

FOR YOU

- [ ] Water bottle
- [ ] Snack bar
- [ ] Spare shirt in a zip bag
- [ ] Lip balm and hand cream
- [ ] Phone charger or power bank
- [ ] Any medicines you take
- [ ]
- [ ]

TRAVEL DAY EXTRAS

- [ ] Extra diapers for delays
- [ ] Two or three spare outfits
- [ ] Sleep sack or familiar blanket
- [ ] Travel bottle brush and soap
- [ ] Baby's medicines, as advised by the pediatrician
- [ ] Baby's ID or travel papers
- [ ] Travel stroller or car seat, if needed
- [ ] Plastic bags for trash and laundry
- [ ]
- [ ]

Diaper Bag Checklist (continued)

RESTOCK AFTER EACH OUTING

- [ ] Diapers and wipes
- [ ] Spare outfit, washed and repacked
- [ ] Formula, snacks and water
- [ ] Empty out trash and dirty bags
- [ ] Wipe the changing pad
- [ ] Charge the power bank
- [ ]
- [ ]

Restock the bag when you get home, so it is ready for the next outing.