

Your Diaper Bag Checklist



Make sure you have everything you and your baby need while you're on the go.

Essentials

- Diapers
- Wipes
- Portable changing pad
- Hand sanitizer
- Diaper cream
- Plastic bags for dirty diapers or clothes
- Burp cloths
- Nursing cover (if breastfeeding)
- Formula (if bottle feeding)
- Clean baby bottle
- Bottle of water
- Baby blanket
- Change of clothes
- Bib
- Pacifier
- Rattle
- Phone charger
- Wallet
- Keys
- Cellphone

Extras

- Extra shirt for you
- Teething toy (if teething)
- Snacks for baby (if eating solids)
- Baby hat
- Sunscreen
- Small first aid kit
- Snacks for you

TIP: Pack 1 diaper for every 2–3 hours out plus 2–3 extra diapers for emergencies

Notes