



Packing Diaper Bag

Diapering and Clothing:

- 6-8 diapers, depending on how long your outing is going to be
- travel-sized container of wipes
- changing pad
- diaper rash ointment
- 2 changes of clothing
- Zip lock bags for soiled clothing and diaper disposal
- Hat (s) appropriate for shade or warmth

Feeding:

- bottles, if formula feeding
- cans of formula or containers of pre-measured formula
- burp cloths
- bottled water for you (and baby if using powdered or concentrated formula)
- jarred food and spoons
- portable snacks for you
- 2-3 bibs

Toys and Soothing Items:

- 2 blankets
- pacifiers
- comfort toys
- teething rings
- small, durable books (board books work great)

Safety and Emergencies:

- band-aids
- hand sanitizer
- antibiotic ointment
- cell phone plus car charger for phone or extra battery back up
- tissues
- Sun block
- fever reducer/pain reliever
- \$20 bill and some quarters

Diaper Packing Tips:

- Pack plenty of diapers.