



DIAPER BAG ESSENTIALS



Diapers Pack one diaper for every 2 hours you're out, make sure you've got 2 or 3 extra diapers on top of these.



Wipes Whether it's a spill or nappy change, wipes always come in handy.



Changing pad Most diaper bags come with changing pads, you can also purchase disposable changing pads in store.



Diaper Rash Cream You can buy a travel size diaper Rash Cream or a petroleum jelly to prevent your baby's skin from reacting.



Hand Sanitizer Having hand sanitizer will come in handy when you need to clean your hands before and after a change.



Burp Cloths Packing multiple burping cloths will be helpful when cleaning up your baby's spit up and any other spills.



Bottles and feeding supplies Always pack feeding bottles, formula and other food your baby may need while you're out.



Food snacks and water Don't forget to pack some snacks and water for yourself.



An extra change of clothes Having an extra outfit on hand should things get out of hand is always a good idea.



Empty disposable bags For tossing used diaper



Blanket A blanket can act as a source of shade over your baby's stroller or an extra source of warmth should the weather be unpredictable while you're out.



Wallet and Phone Double check that you've packed your phone and wallet in the bag if you're not too keen on carrying an extra bag.



Toys Always a welcome distraction for the little one

