



Diaper Bag Packing Checklist (for baby and toddler)



DIAPERING

- Diapers
- Baby wipes
- Changing pad
- Diaper rash ointment
- Bags for dirty diapers or clothes

FOR PARENTS

- Nursing pads
- Change of shirt
- Prenatal vitamins
- Chapstick
- Lotion
- Deodorant
- Hairbrush
- Earbuds
- Water bottle
- Snacks
- Chewing gum
- Extra Ziploc bags
- Pen
- Phone charger
- Wallet
- Laptop/tablet
- Keys

FEEDING

- Full bottle
- Empty bottle/sippy cup
- Extra milk or formula
- Ice pack
- Age appropriate snacks
- Burp cloths

CLOTHING AND COMFORT

- Spare outfits
- Sweater or jacket (if needed)
- Pajamas or sleep sack
- Baby swaddles/blankets
- Sun hat
- Sunglasses
- Mittens (for baby)
- Baby hat
- Hair ties and/or clips

ENTERTAINMENT AND SOOTHING

- Portable sound machine
- Pacifiers
- Pacifier clip
- Teethers
- Small toys
- Thin books
- Baby carrier or sling

HYGIENE AND HEALTH

- Hand sanitizer
- Baby lotion
- Baby nail clippers
- Gripe water
- Baby pain reliever
- Medicine syringe
- Bandages
- Neosporin (over 2) or Aquaphor (under 2)
- Teething gel
- Thermometer
- Probe covers
- Baby sunscreen
- Tissues
- Bug repellent
- Bug bite relief
- Emergency contact info
- Pediatrician phone number

