



# 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