

# Diaper Bag Checklist

By Lauren Meir

- Diaper Bag
  - Choose the style that best suits you What's more convenient, backpack or large shoulder bag? Some prefer lots of pockets, others like more space. Select the bag you'll be able to tote around with ease.
  - Have more than one bag Each parent or caregiver may have different preferences. It's also good to have a backup bag in case you're in a rush and can't find it.
  - Keep the bag handy even when you're at home It's a quick fix for when you need to change your little one and can't get to the nursery.
- Diaper Change Essentials
  - Diapers.
  - Wipes.
  - Diaper rash cream/ointment.
  - Small bottle of baby powder.
  - Portable changing pad.
- Other Baby Essentials
  - A change of clothes for baby, including a few onesies (for infants) In case baby's clothes get soiled, you'll have a backup.
  - 2-3 Burp cloths (for infants).
  - Receiving blanket.
  - Pacifier/Soother Have at least 2 in case one is lost or dirtied.
  - Bottle with milk/formula.
  - Powder formula ; ;Even if you breastfeed, it's a good idea to have some powder available.
  - Juice/water bottle for older babies and toddlers.
  - Age-appropriate toy To keep your little one occupied before, during and after changes.
  - Snacks For older babies and toddlers. These should be non-perishable munchables.
  - Any medicine or treatment creams for baby.
- Grown-Up Essentials
  - Hand sanitizer For after diaper changes when there's no sink in sight.
  - Small bag or pockets to put your keys, cell phone, and other personal items.
  - A list of emergency contact and medical information Have pediatrician's information on-hand, as well as any medical allergies or special needs.