

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.