



Diaper Bag Checklist

Diapering Essentials

- ☐ Diapers
- ☐ Baby wipes
- ☐ Diaper rash cream or ointment
- ☐ Portable changing pad
- ☐ Disposable diaper bags
- ☐ Hand sanitizer



Feeding and Soothing Essentials

- ☐ Bottles and feeding supplies
- ☐ Burp cloths or washcloths
- ☐ Pacifier
- ☐ Bib
- ☐ Baby food, snacks, and water
- ☐ Nursing cover (if you use one)



Clothing and Comfort Essentials

- ☐ Change of clothes
- ☐ Blanket
- ☐ Hat
- ☐ Extra layer

Health and On-the-Go Cleanups

- ☐ Waterproof or wet bag
- ☐ Tissues or wipes
- ☐ Bandages
- ☐ Small first-aid kit (optional)



Parent/Caregiver Essentials

- ☐ Phone, wallet, and keys
- ☐ Nursing pads
- ☐ Extra shirt
- ☐ Lip balm, hand cream, or other small personal items



Optional Extras for Longer Outings

- ☐ Toys or books
- ☐ Sunscreen
- ☐ Sleepwear
- ☐ Small first-aid kit (optional)

