



Packing a Diaper Bag

Putting together a diaper bag for a baby may feel like packing for a weeklong vacation! Use this checklist to make sure that you're fully stocked for your outing with your baby.

- Diapers (*Take more than you think you'll need, as many as one for every hour of your outing. Better safe than sorry!*)
- A small box or travel pack of wipes (*These aren't just for baby; they're for your hands, too.*)
- A tube of diaper rash or barrier cream
- Several cloth diapers or other cloths for burping, spit-up and other messes
- An extra shirt, pants and pair of socks for baby
- An extra shirt for you
- Baby sunblock
- At least one toy
- A favorite comfort object
- If your baby is on solids, pack:
 - baby food
 - a baby spoon
 - snacks such as cereal or crackers
- A bib
- An index card with your name, address and phone number, should the bag get lost
- An index card with:
 - the pediatrician's number
 - a neighbor's number
 - a number where your spouse or one of baby's grandparents can be reached
- A changing pad
- A few large plastic bags for sealing and tossing dirty diapers or taking home soiled clothes