

Diaper Bag Checklist

Pack in layers: a core kit that always stays packed, extras for longer days, and a small emergency pouch. Restock as soon as you get home.

Short outings

UP TO 2–3 HOURS

- ☐ 2–3 diapers (one more than you think)
- ☐ Travel pack of unscented wipes
- ☐ Portable changing pad
- ☐ Small tube of barrier cream
- ☐ One spare outfit
- ☐ Burp cloth or muslin
- ☐ Supplies for one feed, if needed
- ☐ Bags for dirty diapers or wet clothes
- ☐ Hand sanitizer for you

Warm weather

- ☐ Wide-brimmed sun hat
- ☐ Lightweight long sleeves
- ☐ Stroller shade
- ☐ Over 6 months: broad-spectrum SPF 30+ sunscreen

Cold weather

- ☐ Warm hat, mittens, socks or booties
- ☐ One extra layer
- ☐ Ointment for wind-chapped cheeks
- ☐ Blanket over the car seat harness — not a bulky coat underneath

Longer days out

ADD THESE

- ☐ One diaper per 2–3 hours away, plus two spares
- ☐ A second spare outfit — and a spare top for you
- ☐ Supplies for every expected feed, plus one
- ☐ Solids: bib, spoon, snacks, sealed food container
- ☐ Light blanket for play or nursing
- ☐ Comfort item or small toy
- ☐ Water and a snack for you

Emergency pouch

ALWAYS PACKED

- ☐ 1 diaper and a few wipes
- ☐ Mini first-aid kit: bandages, gauze, antiseptic wipes
- ☐ Any medicines your baby's doctor prescribed
- ☐ Card with pediatrician's number, allergies, emergency contacts
- ☐ A little cash and a charging cable
- ☐ Spare pacifier, if your baby uses one

Restock after every outing

- Diapers and wipes
- Spare outfit (swap for a clean one)
- Empty and wash bottles and containers

Notes
