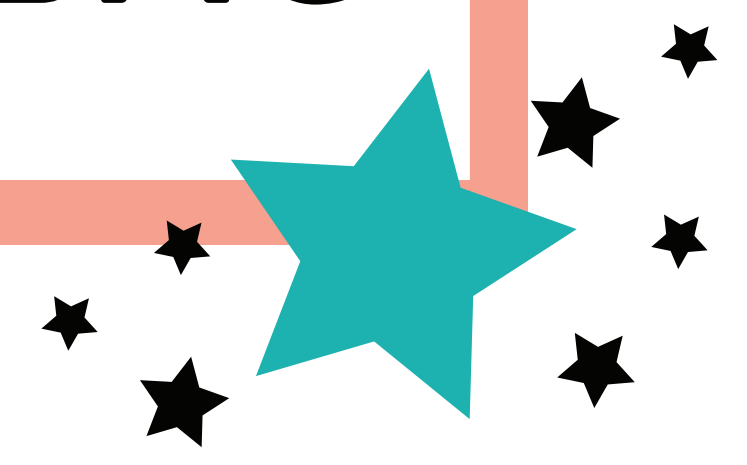
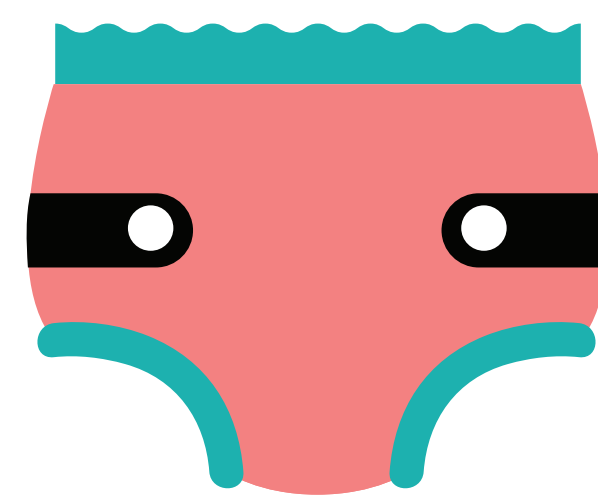


WHAT TO PACK IN MY DIAPER BAG



The Essentials

- Diapers
- Wipes
- Hand sanitiser
- Changing pad
- Bottle(s) of formula or expressed breast milk
- Snacks (for older babies and toddlers)
- Sippy cup of milk, water or juice (for toddlers)
- Lightweight blanket
- Extra clothes for your child
- Soothers and soother clip (if your child uses one)
- Waterproof bag (to carry soiled clothes)



Extras

- Sunscreen and hat
- Diaper rash cream
- Tissues
- Nursing cover
- Extra breast pads for nursing mamas
- Toys, board books, or something to keep little fingers occupied
- First-aid kit

