## The Out and About List

Getting out of the house with a newborn can feel like a big deal but can be done by just packing the essentials

Pram
Pram caddy
Pram pegs
Pram rocker
Portable white noise machine
Carrier

## The Out and About List

Getting out of the house with a newborn can feel like a big deal but can be done by just packing the essentials

IΤΗ			

□ Baby bag	□ Comfort toy		
□ Nappy wallet with nappies	□ Burp cloth		
□ Wipes	□ Bib		
□ Disposable bags	☐ Change of clothes		
☐ Hand sanitiser	□ Hat		
□ Muslin wrap	□ Water bottle		
□ Blanket			
□ Dummy			
	You'll need it from your first outing then for years to come.		