

# Nappy Bag Essentials

## CHECKLIST

### Baby Changing

- Baby Wipes
- Anti-Bacterial Wipes
- Sanitiser
- Nappies
- Rash Cream
- Nappy Disposal Bag
- Bag for Soiled Clothing
- Change Mat
- Change of Clothes (or two)

### Baby Feeding

- Bibs
- Sterilised Baby Bottles
- Formula and Water Flask
- Nipple Cream & Shields
- Breast Pads
- Baby Food & Utensils
- Mum and Baby Snacks

### Other Essentials

- Mum's Purse, Phone, Keys
- Muslin Wrap and/or Blanket
- Baby Toys
- Teethers
- Teething Gel
- Thermometer
- Small First Aid Kit
- Several Burp Cloths
- Dry Cloth/Tissues
- Dummy
- Mum's Toiletries
- Bottle of Water for Mum
- Sun Cream for Mum & Baby
- Warm Clothes and Hat for Mum and Baby
- Mum Entertainment -  
Book/Magazine to Read  
When Baby is Napping