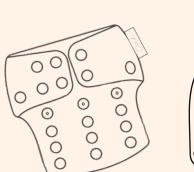
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The essentials

- Reusable nappies
- Cloth wipes
- 2x changes of clothes
- Nappy cream
- Travel change mat
- Bibs
- Bottles and formula (if using)
- Reusable breast pads (if breast feeding)
- Nipple cream (if breast feeding)
- Large wet bag
- Hand sanitizer
- Burp clotth/ terry towel
- Blanket/ muslin wrap
- Dummy (if using)
- Tissues
- Small first aid kit
 - Small toy







Things to consider

- Sunscreen
- Insect repellent
 - Lip balm
 - Panadol
 - Spare top for yourself
 - Extra wet bag

Tips:

- Pack 1 nappy per 2hrs you'll be out, plus an extra one
- Restock your nappy bag
 when you get home so
 it's ready to go for your
 next outing
- Get a nappy bag with lots of pockets