

# Nappy Bag Checklist

## 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 cloth/ 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

