



DIAPER BAG CHECKLIST

for your breastfed newborn (0-6 months)

THINGS FOR BABY

- Diapers (6)
- Wet wipes (large package)
- Hand sanitizer
- Wet bag for soiled clothing
- Extra outfit with socks
- Pacifiers (2)
- NoseFrida
- Soft bibs or burp cloth
- Diaper rash cream
- Blanket or nursing cover (rolled and placed alongside ToteSavvy)

THINGS FOR MOM

- Wallet
- Keys
- Phone
- Water bottle
- Extra shirt
- Breastmilk pads
- Protein bars
- Nipple Cream



PACKING TIPS

As a breastfeeding mom you'll need to pack essentials for yourself as well as baby. Always pack a bottle of water and snack for yourself to keep from getting dehydrated or hungry. The breastmilk pads will keep milk from soaking through your bra and shirt. Pack an extra shirt just in case! A nursing cover is completely optional (#freethenipple) but if you choose to carry one, we suggest a multi-use cover that can be used over an infant car seat (to shield the sun) or as a blanket.