

# Essentials for all Occasions

## Shops, coffee, indoor activities

- 3 or 4 Nappies
- Wet Wipes
- Nappy rash cream
- Change mat
- Burp cloths and/or Face washers x2 (wiping spills and accidents)
- Muslin Wraps (swaddling, covering up pram)
- Change of baby clothes (consider warm clothes if there will be a cold airconditioner)
- Dummy x2 (if using)
- If breastfeeding- breast pads, nipple cream and nipple shields
- If formula feeding, bottles with boiled water and formula container (no need to take the large tub- handy pre-measured dispensers available in most baby supply stores)
- If baby on solids- Food, snacks, spoon, and sippy cup with water, as well as bibs x2
- Small reusable and/or plastic bags (for soiled nappies or clothes)
- Hand Sanitiser
- Water bottle for mum
- Phone, wallet, lip balm, keys
- Inside/under pram- Blanket and stroller clips, and a couple of toys/comforters



## Heading to the park?

- Hat
- Sensitive or baby sunscreen
- Insect repellent
- Sunglasses (If using)
- Under the pram-* picnic blanket, and if there's still room, perhaps a small cushion for yourself to sit on to take pressure off your lower back!



## Heading to the beach?

- Hat
- Sensitive or baby sunscreen
- Swim Nappies
- Sunglasses (If using)
- Under pram-* Some towels and shade for baby if no trees
- Beach toys

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