



Essential nappy bag checklist!

Restock when used:

- Nappies
- Wipes
- Bag for dirty nappies
- Extra outfit (including socks)
- Burp cloth
- Bib
- Snacks + Sippy cup
- Bottles + milk/formula
- Seasonal items (jacket, hat, sunscreen)
- Hand sanitizer

Keep in bag:

- Changing mat
- Blanket/nursing cover
- Dummy
- Books/toys

For you:

- Wallet
- Keys
- Phone
- Snack
- Water bottle
- Extra shirt
- Nursing pads