

# Diaper Bag Essentials

(Printable List!)

by *mommyknowswhatsbest.com*

## For the Baby

(Depending on age)

1. Diapers
2. Wipes
3. Diaper rash cream
4. Changing pad
5. Wet bag or plastic bag
6. Change of clothes
7. Bottle (with formula or breastmilk)
8. Burp cloth
9. Ice pack
10. Bib
11. Eating utensils
12. Blanket
13. Snack
14. Sippy Cup
15. Toy
16. Sling or wrap (optional)



## For the Parent

(Mostly optional)

1. Change of shirt
2. Hand sanitizer
3. Nursing cover
4. Hand lotion
5. Gum or mints
6. Lip Gloss
7. Teething necklace
8. Wallet
9. Keys
10. Phone
11. Phone charger
12. Snack
13. Breastfeeding pads

## Extras/Seasonal

1. Hat/mittens
2. First Aid kit
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Extras/Seasonal

6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Keep a copy in your

**TIP**



bag so you can  
update your bag  
every week or so!