



## Your Diaper Bag

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### How to choose a diaper bag

Look for lots of pockets inside and out to keep all of your things organized.

A neutral color is probably best if your partner may use the bag too. And bags that can function as a backpack or shoulder bag and clip or hang on your stroller may be a big advantage.

Look for a diaper changing pad you can spread out for a clean surface no matter where you are.

And consider your things too – cell phone, water bottle, wallet. In many cases you will not want to carry a diaper bag **and** a purse. Let your diaper bag work for both of you.

### Items for your diaper bag

You don't have to have a diaper bag that looks like one; you have a lot of choice these days. But choose one that will be handy for baby gear **and** will be useful later after the diaper stage.

1. Six Diapers
2. Package of wipes (at least 30)
3. Food (snacks and bottle of water for breastfeeding parent, and as child grows, snacks for them too!)
4. Bags for dirty diaper disposal (they come in a travel roll, or reuse grocery store bags)
5. Large Ziploc Bag (freezer size) at bottom of bag for emergency (someplace to put REALLY dirty clothes, etc.)
6. Extra set of clothes for baby including socks and onesie in a sealed bag
7. Another set of baby clothes and possibly shirt for Mom/Dad
8. Diaper changing pad and/or 1-2 disposable changing pads for big messes
9. One lightweight receiving blanket (all purpose – useful as a breastfeeding cover up, for warmth, spit-up, etc.)
10. Burp pad or cloth
11. Cloth drool bib (if your baby is eating solids, plastic)
12. Breast pads
13. Small tube/sample of diaper cream (save all samples for bag and/or travel)
14. Hand sanitizer
15. For baby 6-8 weeks +, 3 toys for grasping, hanging in the car

**Don't forget to replenish supplies as they are used!!!!**