

Must have items



in your diaper bag

Clothing and others

- 2 extra pyjamas, bodysuits, bibs and socks
- Muslin and warm blanket
- Breastfeeding cover
- Sling or baby carrier
- 2 washcloths
- Changing mat
- Small hat, warm shirt, slippers (depending on the temperature)

Basic care

- Travel size soap, moisturizing cream and diaper cream
- Wipes
- 8 diapers (disposable or washable) with a wetbag
- Kleenex
- Cheek balm (if cold outside)
- Sunscreen
- Buggy spray
- Teething toy
- Pacifier and clip

Feeding

- Ready to serve milk and bottle (if bottlefed)
- Travel size bottle warmer (or Thermos filled with hot water)
- Water in a cup for older kids
- Snacks (adapted to age)

Usefull items

- Vaccination booklet and health insurance card
- 2 toys
- Cleaning wipes
- First aid kit
- Thermometer
- Baby acetaminophen (Tylenol or other)
- Therapeutic bear or other (Ex : Beke Bobo)
- Baby nose cleaner
- EpiPen (if indicated), Benadryl

For mom

- Water bottle
- Breastfeeding pads
- Lip balm
- Snacks
- Breastfeeding cover
- Phone charger
- Hair ties
- Extra shirt
- Small disinfectant bottle

