

Diaper Bag

Healthcare / Grooming Items

- Doctor's phone number
- Medical insurance info.
- Acetaminophen (Infant Tylenol)
- Teething gel (Baby Orajel) if baby is teething
- Antihistamine (Children's Benadryl)
- Anti-gas drops (Mylicon)
- Anti-itch lotion/cream*
- Special medications
- Adhesive bandages
- Antiseptic wipes*
- Sunscreen
- Tissues *
- Suction bulb
- Lip balm*
- Nail clippers*
- Sanitizing lotion/gel (to clean hands)
- Brush/comb

Diapering Items

- Disposable diapers
- Cloth diapers with covers* (not recommended for travel)
- Diaper pins*
- Diaper wipes
- Large plastic resealable bags (to hold dirty diapers and clothes)
- Changing cushion/pad*
- Diaper rash ointment

Feeding Items

- Bottles with nipples / cup
- Bottled water
- Beverages (for parents and baby)
- Snacks (for parents and baby)
- Formula* (necessary if baby is formula fed but a small amount is recommended as backup in case of an emergency for breastfed babies)
- Baby food (if baby is eating solid food)*
- Bib (if baby is eating solid food)

- Food dish (if baby is eating solid food)*
- Eating utensils (if baby is eating solid food)*
- Spit-up towels (cloth diapers work best)
- Extra breast pads* (if breastfeeding)

Entertainment Items

- Book*
- Toy
- Teething toy* (necessary if baby is teething)

Comfort Items

- 2 Light blankets
- 1 change of clothes
- Jacket* (necessary in cool weather)
- Hat (to keep sun off baby's head)
- Hat (to keep baby's head warm)
- 1 pair of extra socks
- Pacifiers (2)* (necessary if baby uses a pacifier)

Misc.

- Disposable camera or re-useable camera with extra film*