

# Baby Grand Packing a Diaper Bag

Putting together a diaper bag for a baby may feel like packing for a weeklong vacation! Use this checklist to make sure that you're fully stocked for your outing with your baby.

- Diapers**  
*Take more than you think you'll need, as many as one for every hour of your outing. Better safe than sorry!*
- A small box or travel pack of wipes**  
*These aren't just for baby; they're for your hands, too.*
- A tube of diaper rash or barrier cream**
- Several cloth diapers or other cloths for burping, spit-up and other messes**
- An extra shirt, pants and pair of socks for baby**
- An extra shirt for you**
- Baby sunblock**
- At least one toy**
- A favorite comfort object**
- If your baby is on solids, pack:**
  - baby food
  - a baby spoon
  - snacks such as cereal or crackers
- A bib**
- An index card with your name, address and phone number, should the bag get lost**
- An index card with:**
  - the pediatrician's number
  - a neighbor's number
  - a number where your spouse or one of baby's grandparents can be reached
- A changing pad**
- A few large plastic bags for sealing and tossing dirty diapers or taking home soiled clothes**