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**