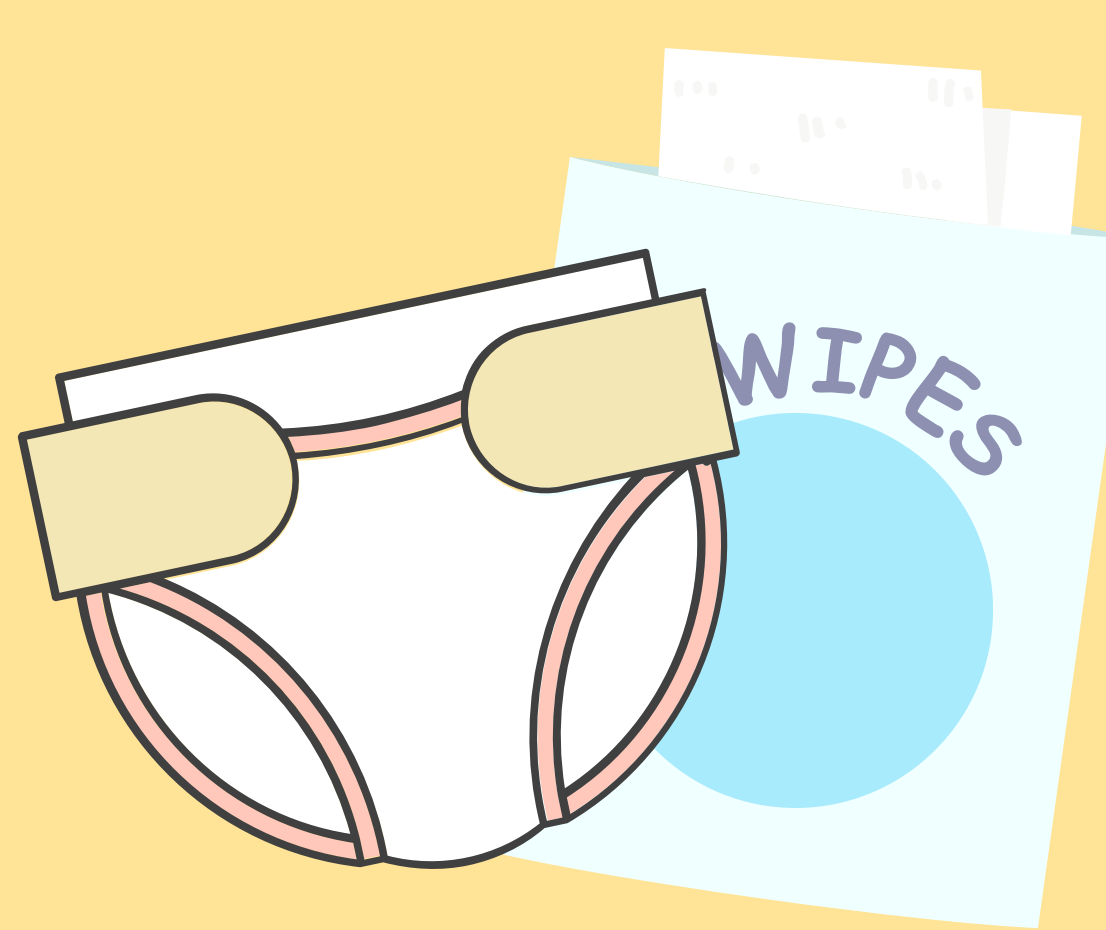


Diaper Bag Essentials:



What to Pack When You're on the Go

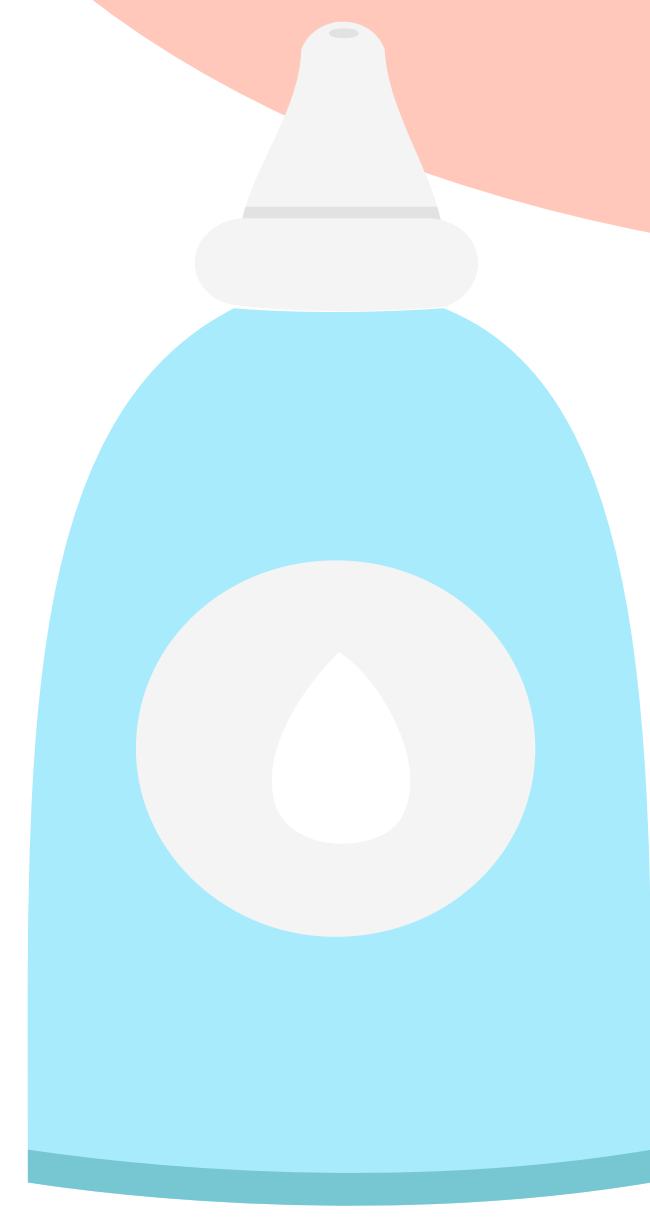
When you have a baby, a diaper bag quickly becomes an essential item for parents. For someone so little, babies seem to need a lot of stuff. So we've put together a checklist of all the essential diaper bag items you won't want to leave home without.



Diapers & wipes

These are the most important (for obvious reasons.) Pack at least 4-6 diapers and a travel-size package of wipes so you don't have to constantly restock your bag.

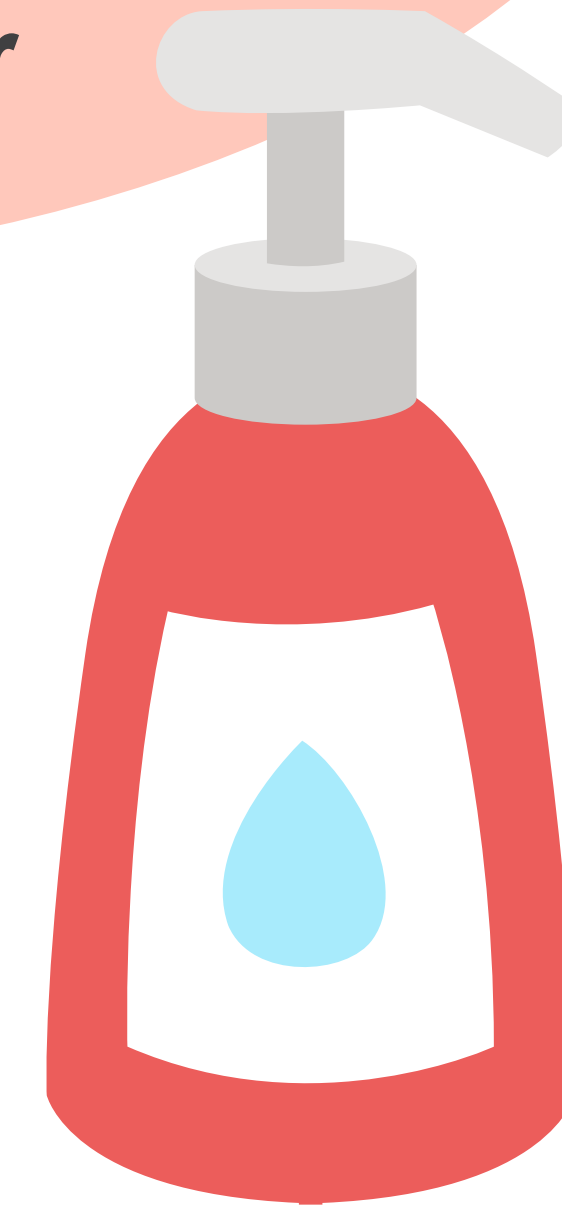
Bum cream



When baby gets a sore bum, you don't want to be empty-handed. Find a travel-size or mini version to make it easier to carry around with you.

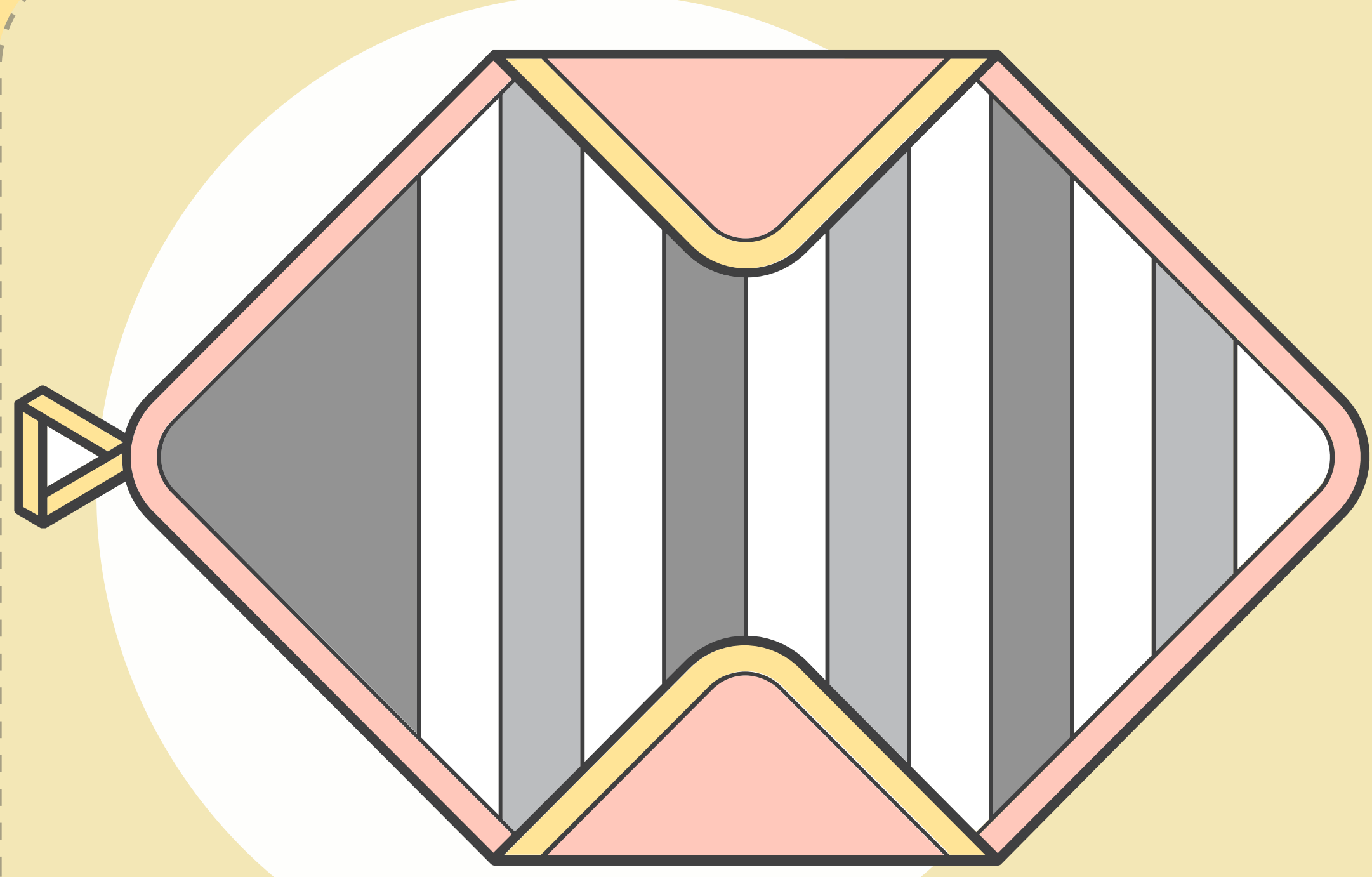
Hand sanitizer

This is helpful for cleaning your hands after diaper changes when there's nowhere to wash up.



Changing pad

A lot of diaper bags come with a reusable changing pad, but a small hand towel from home will also do. They're handy to have for changing in the less-than-ideal public washrooms.



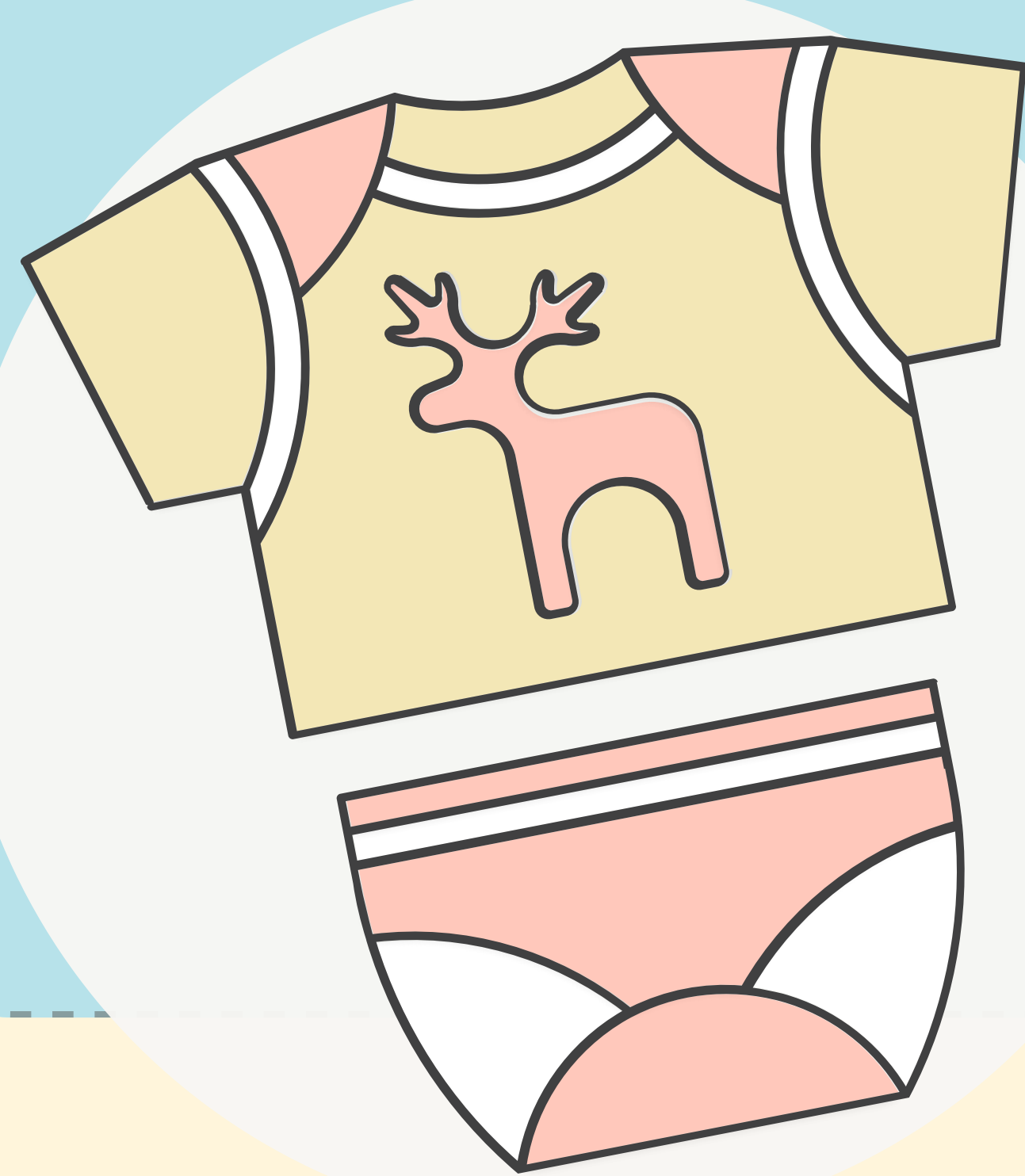
First aid kit

It's always a good idea to have a little kit filled with a few essentials like baby nail clippers, a thermometer and **Children's Advil Pediatric Drops*** - they're clinically proven to provide up to 8 hours of fever relief. Great for full days out and about.



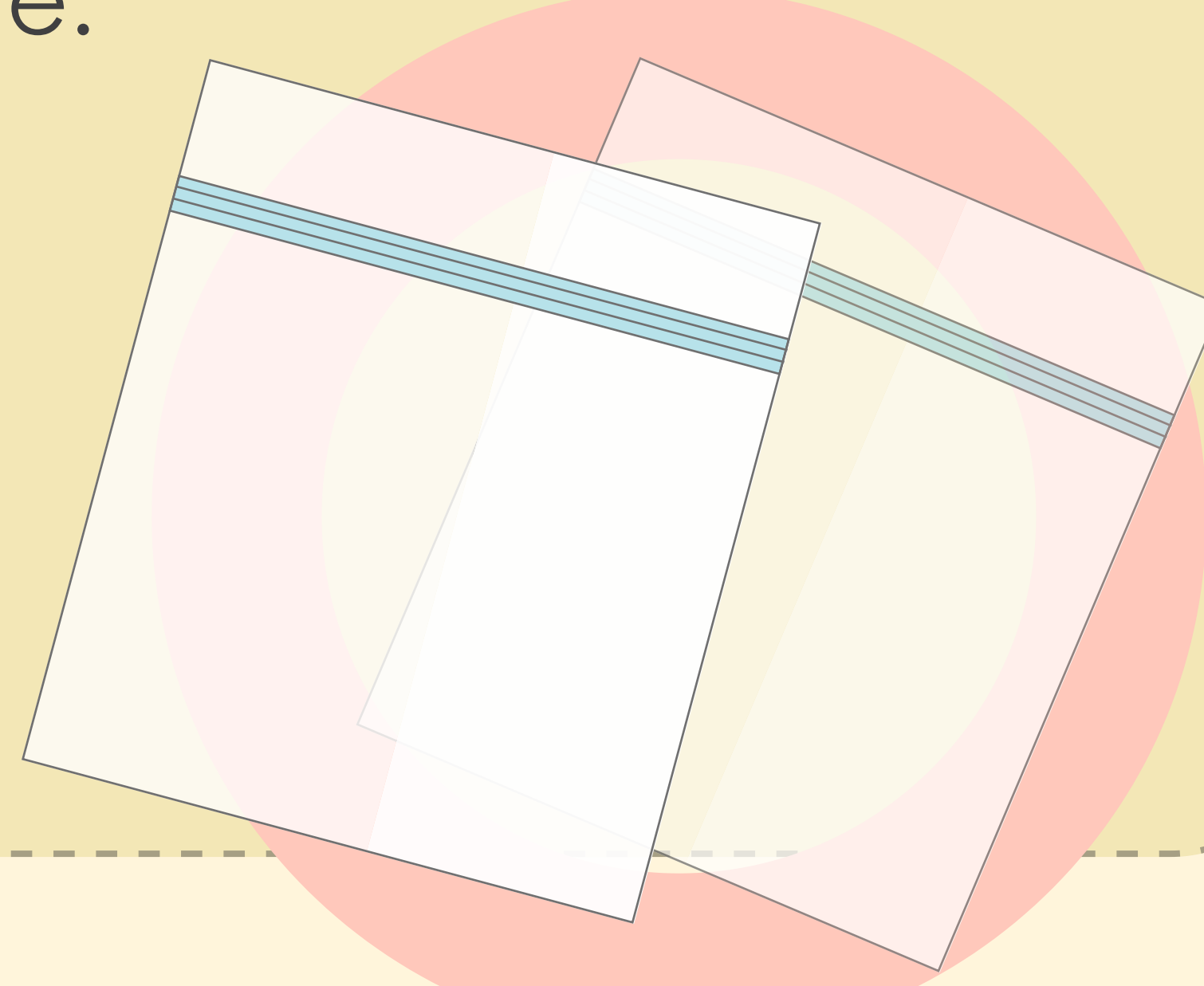
Change of clothes

Don't leave home without a change (or two!) of clothes for baby and even a shirt for yourself. Spit up, blow outs and lots of other messes happen often.



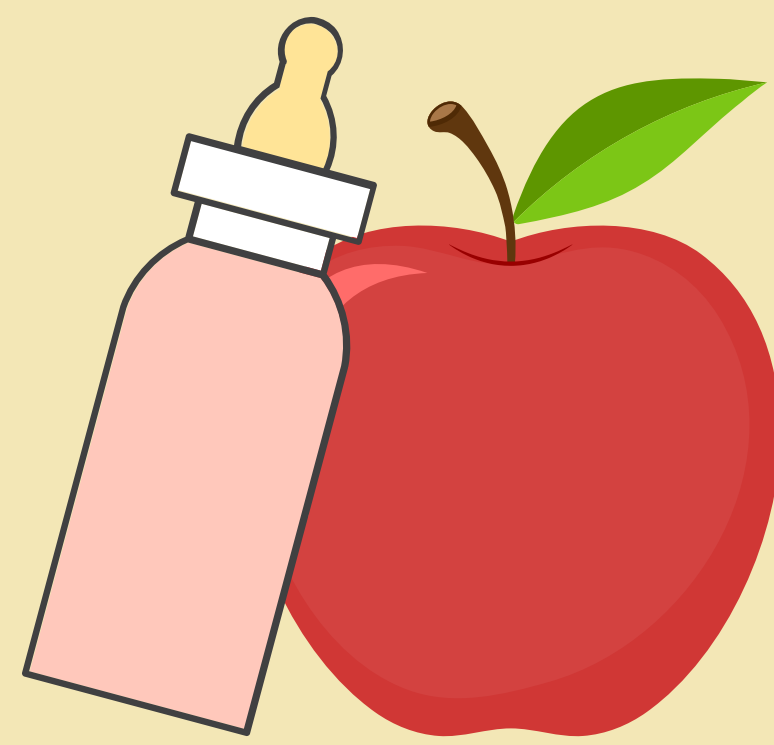
Plastic or biodegradable bags

Great for storing dirty clothes, or dirty diapers when you can't find a garbage.



Snacks

Bring some for baby and some for you as well. You never know when you'll both need to fuel up.

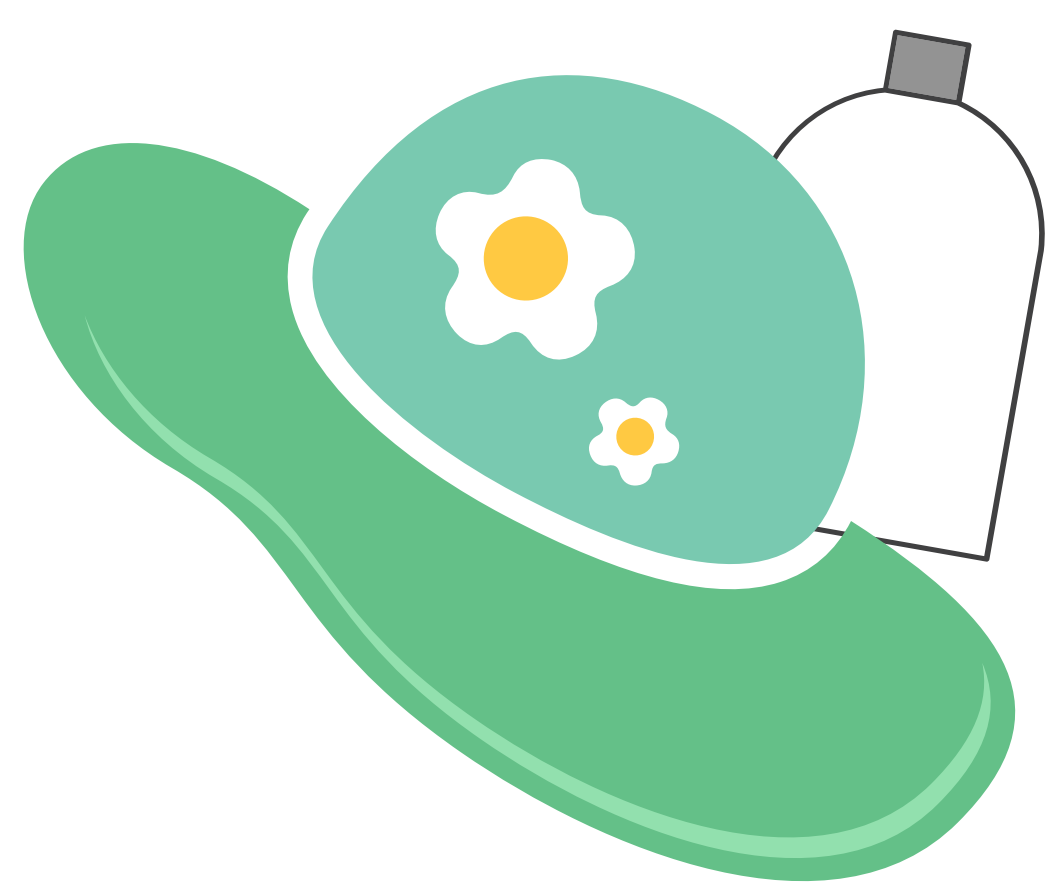


Blanket and/or burp cloths

Burp cloths are great for spit up when feeding baby, but also wiping up faces and other messes. And a light blanket always comes in handy.

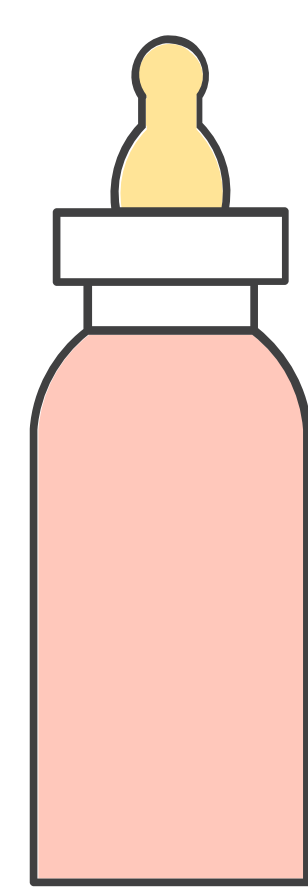
Hat & sunscreen

For when you're out and about when the weather is nice.



Bottle

If you are bottle-feeding, it's a good idea to have a bottle and some formula in your bag—just in case you get stuck somewhere and need

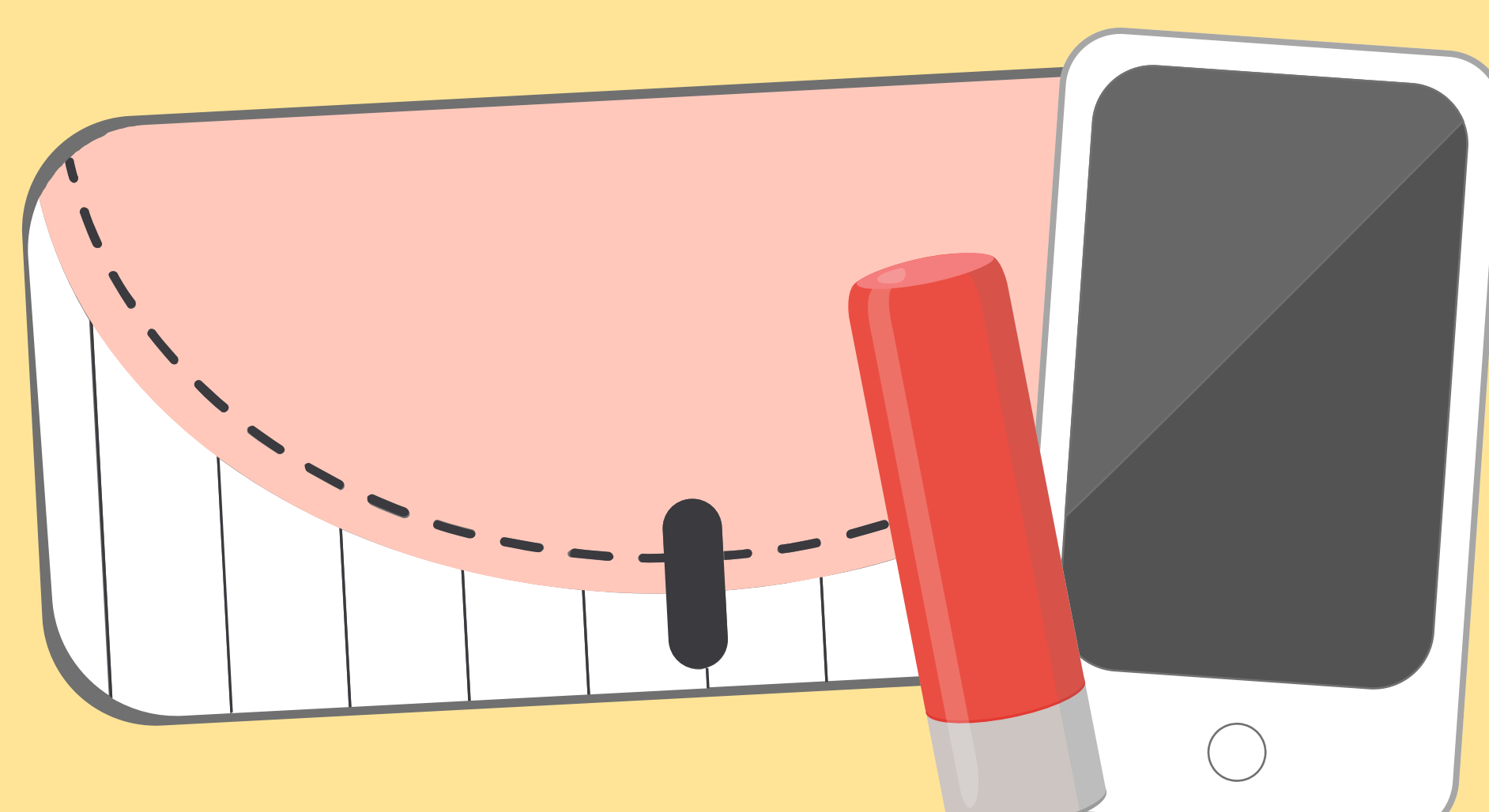


Pacifier

If your baby uses one, you don't want to leave home without this!



Wallet, lip balm and phone for Mom



Don't forget the essentials for yourself as well. Things like your wallet, phone and even lip balm or other things you tend to keep in your purse should also come along with you in your diaper bag.

This information is provided for informational purposes only and is not intended as a substitute of any kind of professional medical advice. Never disregard or delay seeking professional medical advice due to something you have read on this site. Speak to your healthcare professional before making any changes to your lifestyle and/or beginning or discontinuing any course of treatment.