

## Baby Bag Checklist (3-12 Months)

### Changing

- Nappies - at least two
- Disposable wipes
- Change mat
- Nappy rash cream (if needed)

### Feeding

- Insulated bottle holder (if bottle feeding)
- Baby bottle (if bottle feeding)
- Formula (if formula feeding)
- Boiled water (if formula feeding)
- Snacks
- Baby spoon
- Water (sippy cup or water bottle)
- Bib – at least two

### Clothing

- Spare changes – exact items depending on the season
  - Top
  - Bottoms
  - Socks
- Small blanket (for use as nursing cover, burping cloth, bib)

### General items

- Plastic bags – at least two
- Hand sanitiser
- Tissues
- Medicines (if needed)
- Hat
- Baby sunscreen (from 6 months +)
- Insect repellent (from 6 months +)
- Comforter
- Teething ring
- Toys

To download more nappy bag checklists, visit <http://www.parenthub.com.au>