

Newborn Bag Checklist

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)
- Burping cloth – at least two

Clothing

- Spare changes – exact items depending on the season
 - Singlet
 - Baby onesie
 - Jumper
- Baby wrap – at least two

General items

- Plastic bags – at least two
- Hand sanitiser
- Tissues
- Medicines (if needed)
- Hat

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