

Quick Bag Checklist

Essentials

- Wallet
- Phone
- Keys

Changing

- Spare nappy or underwear
- Disposable wipes
- Change mat (if needed)

Feeding

- Baby bottle, formula and boiled water (if needed)
- Small cloth or blanket
- Water bottle

General items

- Plastic bags – at least two
- Tissues
- Toy

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