

## Diaper Bag Essentials

- Diapers
- Wipes
- Diaper rash cream
- Hand sanitizer
- Changing pad
- Plastic or biodegradable bags
- Bottle(s) or sippy cup(s) depending on age
- Milk, water, or juice (for toddlers)
- Snacks (for older babies and toddlers)
- Jar of baby food
- Baby spoon and fork
- Bibs
- Blanket
- Extra clothes for your child
- Pacifier (if your child uses one) or other comfort item
- Sunscreen or a hat to protect your child from the sun
- Toys to keep your baby's busy
- Travel first aid kit or Band-Aids

### Essentials for nursing moms:

- Nursing cover
- Breast pads
- Sling or wrap for carrying your baby