

Checklist: What you need in your nappy bag

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| ESSENTIALS FOR BABY | |
| Nappy/Diaper bag | |
| Resealable plastic bags | |
| Nappies | |
| Baby wipes | |
| Hand sanitiser | |
| Changing mat | |
| Disposable nappy sacks | |
| Milk | |
| Blanket | |
| Change of clothes | |
| Dummy/pacifier | |
| Hat | |
| EXTRAS | |
| Nappy creams | |
| Sun cream | |
| Vaseline/lip balm | |
| Tissues | |
| Painkillers/Medicine | |
| Muslin cloths | |
| Breast pads if breastfeeding | |
| Sling/wrap | |
| Spare top for you | |
| TODDLER STUFF | |
| Bib | |
| Drink | |
| Baby food/snacks | |
| Spoon | |
| Toy, colouring book, crayons, reading book, etc. | |
| Reins | |
| ESSENTIALS FOR MUM | |
| Snack | |
| Notepad + pen | |
| Lanolin cream if breastfeeding | |
| Drink | |
| Wallet/purse | |
| Keys | |
| Sunglasses | |
| Book/magazine | |
| Phone | |