

# Calm Parent

## Diaper Bag Checklist

### Must Haves

- **Diapers** (we love Honest Company) – for new babies, pack at least one for every hour you plan to be away plus a couple extra
- **Wipes** (try unscented & sensitive Honest Company Bamboo wipes) – if you don't have a reusable package (highly recommended), throw some into a Ziploc bag
- Wet bag (or large Ziploc bag if you are careful to keep to away from children) for holding dirty diapers or wet/soiled clothing
- **Hand sanitizer** (we like Rocky Mountain Soap Shop Co.)
- **Diaper cream** – we love Weleda Calendula Baby Rash Cream & Peas in a Pod Smooth as a Baby's Bum brands
- **A folding change pad or blanket** (many diaper change travel kits come with wipes case)
- **Change of clothes for child** - for a baby consider a onesie or a sleeper and for older children a shirt/bottoms
- **Change of clothes for you** - a shirt is ideal but at the very least a scarf to cover up any mishaps
- **Bib** (this Baby Bjorn bib catches all the things and these leather Mally bibs are so nice!)
- **Tissues**
- **Receiving blankets**
- **Soothe/teething toys** (see our posts on teething here for some of our fave teething toys and tips)
- **Baby food/healthy snacks** (spoon, bowl, bag for empty dirty dishes, snack trap for finger foods)
- **Sippy cup** (if applicable)
- **Food and drink for you** - you will be better for it! For quick energy, try Quest Coconut Cashew Bars
- **Required medication**
- **Wallet** (keep a handful of change in your bag at all times)
- **Phone**
- **Keys**

### *Bottle fed babies*

- **Clean bottles**
- **Bottles of water and powdered formula** (formula dispensers like [Munchkin Formula Dispenser Combo Pack](#)). Premixed formula is more expensive but super convenient if out and about

### *Breast fed babies*

- **Expressed breast milk** (this will require a cooling device)
- **A nursing cover or blanket** should you choose (we like [Bebe au Lait](#) nursing covers)
- **A few nursing pads** (try [Bamboobies](#)) and nipple cream ([Peas in a Pod Nipple Butter](#) is are the best!)

### *Nice Haves*

- **Insulated bottle tote/heater**
- **Pacifier holder** you can clip onto stroller ([Loulou Lollipop](#) and [Snuggle Bugz](#) silicon and wood clips are so cute!)
- **Stain eraser or tide on the go**
- **Face clothes**
- **Nail clippers/file**
- **Lip balm/gloss**
- **Hair ties**
- **Sling** (like this [Buddha Baby carrier](#)) if your little one gets fussy and wants out of stroller ([Ergobaby](#) is great too!)
- Disposable changing sheet (one less thing for you to wash)
- **Grocery cart cover** (like [this Skip Hop shopping cart cover](#))
- **Bag for scrapes and cuts** (Band-Aids/ointment)
- **Cell phone charger**
- **Toys** (that are in one piece and not too small)
- **Books** (a great idea especially the interactive kind)

### *Weather Dependent*

- **Sunscreen**
- **Sunglasses**
- **Hat**
- **Mitts**

Once home, replace items used so bag's ready for next time!