

Diaper Bag Checklist (Newborn to Toddler)

Checklist · 44 items · 10 sections

A diaper bag has to cover four scenarios: a typical outing, a feeding-on-the-go, a blowout, and a delay you did not plan for. This checklist is built from the lists most parents settle into after the first month: enough for a half-day trip, not so much you cannot lift it. Adjust quantities to your baby's age and feeding setup.

Open the editable version online:

<https://genechecklist.com/checklist/diaper-bag-checklist>

DIAPERING

- Disposable diapers (one per hour out, plus two)
HIGH
- Travel pack of wipes (or full pack if going more than 4 hours)
HIGH
- Changing pad (foldable, waterproof)
HIGH
- Diaper rash cream (travel tube)
- Hand sanitizer
HIGH
- Disposable bags for soiled diapers and dirty clothes
HIGH
- One full change of clothes (one size up if a blowout day)
HIGH
- Spare socks (they vanish in strollers and car seats)

FEEDING

- Bottles, prepared formula or breastmilk in cooler bag (if not breastfeeding)
HIGH
- Small thermos of hot water for warming bottles
- Pre-measured formula in a divided container if mixing on the go
- Nursing cover or muslin wrap

- Burp cloths (two)
HIGH
- Bibs (one per feed planned)
- Pacifier with clip plus a spare in a clean pouch
HIGH
- Snacks for older babies (puffs, pouches, rice cakes)
- Spoon and bowl for purees
- Sippy cup or water bottle once feeding solids

COMFORT

- Lightweight blanket (sun shade, ground cover, warmth layer)
HIGH
- Two small toys, rotated to keep novelty
- Teething ring (fridge-stored before leaving if teething)
- Lovey or comfort item baby sleeps with

WEATHER

- Sun hat with brim and chin strap
HIGH
- Mineral sunscreen for over 6 months (zinc-oxide based)
HIGH
- Light jacket or sweater (a/c, evening drops, malls)
HIGH
- Rain cover for stroller
- Warm hat and mittens in winter

DOCUMENTS

- Insurance card and pediatrician's card
HIGH
- List of allergies, medications, emergency contacts
HIGH

HEALTH

- Infant Tylenol or fever reducer (only as advised by pediatrician)
- Saline drops and nasal aspirator
- Small first aid kit (bandages, antiseptic wipes, tweezers)

- Thermometer (digital, fits in a pouch)

PARENT ESSENTIALS

- Wallet, phone, keys

HIGH

- Charger or power bank

HIGH

- Snack and water for you (low blood sugar is a parent emergency)

HIGH

- Spare top for you in case of spit-up or leak

- Nursing pads if breastfeeding (two pairs)

- Lip balm, hand lotion, tissues

RESTOCKING

- Restock after every outing so the bag is ready by the door

HIGH

TRAVEL ADD-ONS

- Travel by car: full backup pack (extra diapers, formula, clothes) in the trunk

HIGH

- Travel by plane: passport, birth certificate, extra outfit per 4 hours

HIGH

DAYCARE ADD-ONS

- Daycare: labelled bottles, daily diapers per facility ratio, comfort item, signed forms

HIGH

- Sleep bag or swaddle if nap will happen out