

DIAPER BAG CHECKLIST

Items to Keep Consistently

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Special Items for Event/Trip

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DECLUTTERING RESETS- EXAMPLE

Items to Keep Consistently

Diapers (2-3) /Wipes



Changing Pad



Spare set of clothes



Burp Cloths



Teether/Toys/Books



Nursing Cover or Bottles/Formula



Special Items for Event/Trip

Pajamas



Snacks/Meals



Blanket



Extra Bottles and Formula/Breast Pump and Bags



Using your Checklist to the Fullest:

- Think through which items are used most frequently on your frequent outings as non-negotiables and which help your outings be most successful and fill these in in the “Items to Keep Consistently” Section.
 - Ex: Non- negotiables- diapers, wipes extra change of clothes etc...
 - Ex: Most successful- Snacks, specific pacifier or toy, books etc...
- Think through which items are needed for specific types of outings like sleepovers at grandparents' house or dinner at a friend's house and fill these in in the “Special Items for Event/Trip” Section.
- Keep this list handy somewhere near the door where you keep your diaper bag or even in the bag and reference it before you leave to check that you have all the necessary items and after you get home to restock the necessary items for next time.