

When packing your diaper bag, try not to overload yourself. Pack travel-sized items when you can.

While the contents of your diaper bag will change as baby develops, here's a basic guideline of what to pack during baby's first year for a short trip out:

- Diapers – Pack one for every two hours you plan to be out, plus an extra.
- Wipes
- Changing pad
- Diaper cream
- Change of clothes – If baby rarely soils his clothes, you can probably get away with just one extra outfit for a short outing.
- 2-3 plastic bags – You can use these for diaper disposal (if a trashcan isn't available) and for keeping soiled clothes until you get home.
- Blanket, if necessary (or for use when breastfeeding)
- Bottles, if formula feeding
- Containers/packets of pre-measured formula
- 1-2 burp cloths
- 1-2 bibs
- Bottled water (for you and for baby, if using powdered or concentrated formula)
- Baby food and spoons, if baby is eating solids already
- Sippy cup, if baby is using one
- Healthy snacks for you
- Teething rings and comfort toys, if necessary
- Band-aids, antibiotic ointment
- Hand sanitizer, wipes
- Tissues
- Sunblock (perhaps a sunhat as well)
- Pain reliever/fever reducer (some for you and some for baby)
- Cell phone
- Wallet
- Camera