

Diaper Bag Essentials

A realistic check-before-you-go list for newborn + toddler days

TODAY'S ADVENTURE

- ☐ Quick errand
 ☐ Half day
 ☐ Playground
 ☐ Travel day

PACKING FOR

- ☐ Newborn
 ☐ Toddler
 ☐ Both

CHANGING ZONE

- ☐ Diapers + 2 backups
- ☐ Travel wipes / wipes pouch
- ☐ Portable changing pad
- ☐ Wet bag or mess bag
- ☐ Pacifier + clean case, if used

CLOTHES + WEATHER

- ☐ Complete spare outfit
- ☐ Weather-appropriate extra layer
- ☐ Lightweight multipurpose cloth

PARENT POCKET

- ☐ Phone
- ☐ Wallet
- ☐ Keys
- ☐ Water bottle
- ☐ Hand sanitizer

TODDLER ADD-ONS (12+ MONTHS)

- ☐ Familiar snack
- ☐ Usual water cup / bottle
- ☐ 1–2 compact activities

TRAVEL DAY EXTRAS

- ☐ Extra diapers
 ☐ Extra clothing change
 ☐ Extra mess bags
- ☐ ID + travel documents
 ☐ Check current TSA + airline rules

30-SECOND RESET

Before you leave: refill what is missing, zip the wet bag flat, and put keys in their usual spot.

Skip the giant "just in case" stash. A bag you can actually find things in wins.

Pack Together: Kid Helper Mission

For toddlers + preschoolers who want a job (and definitely want a sticker).

MY 5 LITTLE JOBS

- 1 ☐ Pick ONE small toy or book.
- 2 ☐ Help put the spare outfit in the bag.
- 3 ☐ Put the clean wet bag in its pocket.
- 4 ☐ Put your shoes by the door.
- 5 ☐ Do the final “zip check” with a grown-up.

TODAY I PICKED:

☐ Book

☐ Tiny toy

☐ Sticker activity

DRAW YOUR BAG BUDDY

Draw the toy, book, or tiny thing coming with you today.

I HELPED PACK!

Color a star or add a sticker.



Back Home? Do the 2-Minute Restock

Future-you will be very pleased.

☐ Replace used diapers

☐ Refill wipes

☐ Replace spare outfit

☐ Empty / replace wet bag

☐ Toss receipts + wrappers

NEXT TIME, REMEMBER: