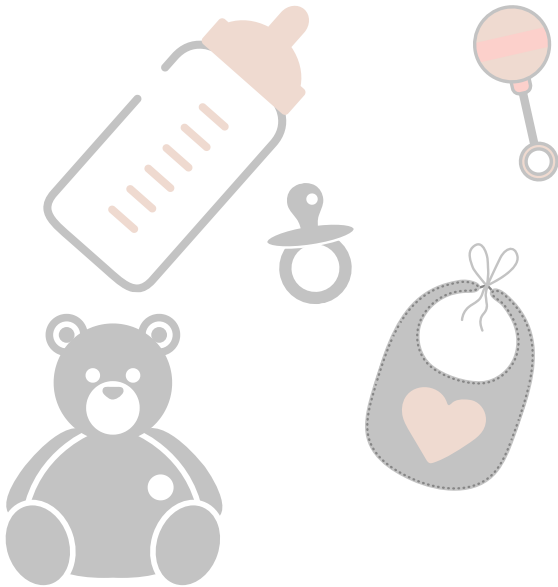


Nappy Bag Set Up

Checklist

We recommend a backpack over a shoulder nappy bag. A backpack gives you two hands free to baby carry on front, manage the pusher or carry the car capsule.



- Backpack
- Feeding supports eg. formula, expressed milk, bottle
- At least 6 nappies and nappy bin bags
- Nappy cream
- Wet wipes
- Hand sanitiser
- Disposable change mats (can use disposable puppy toilet training mats)
- Burping cloth
- Baby bib
- Change of baby clothes (change of top for you also)
- Socks/beanie if it's winter
- Spare dummy if you use one
- Small container to keep dummy in
- Spare battery/phone charging pack
- Water bottle for mummy
- A couple of breakfast bars for snacks on the run
- A couple of special toys that live in bag and only come out when needed when out and about. This will keep baby interested and distracted if needed.
- Teething toy/ rusk