

What's in Your (Diaper) Bag?

A diaper bag is one item a parent of a baby or toddler can't do without. It's your mobile nursery, medicine cabinet and more.

Picking a bag

You will need a diaper bag for two to three years after baby is born so be sure to choose a good one. Here are tips on what to look for in a diaper bag:

- Size it right. Diaper bags range in size. Simple designs have just a few pockets inside and outside to hold bottles and a main area inside that holds baby products like diapers and wipes. A larger bag will also have pockets for drinks and a cell phone, and room for jackets, baby books and toys.
- Change-friendly. Some bags, like the larger backpack-style diaper bags, have a plastic-lined fold out piece that you can put your baby on to change a diaper.
- Washable works. You will use your diaper bag a lot, so consider a bag that is fully washable – inside and out.

Pack for success

Whether you and your little one are headed out for just a few hours or for a day on the town, here are some items you may want to pack.

- Diapers, of course! Bring enough diapers to get you through the day out. It's probably better to over-pack than under-pack.
- Baby wipes and cornstarch powder for your baby and hand sanitizer for you to use after the diaper change.
- Plastic bags for disposing of dirty diapers.
- A small toiletry bag can also be helpful. You can fill it with diaper rash ointment, bandages, nail clippers, washcloth and baby soap – any items you may need while away from home.
- A change of clothes in case baby has an accident or the temperature changes.
- 1 or 2 blankets for extra comfort on long car trips or for baby to snuggle up with and take a snooze.
- An insulated carrier to keep breast milk or formula cool. If baby is eating baby food, don't forget a dish, spoon and bib.
- Burp rags.
- Your baby's favorite stuffed animal or toy, or rattles and teething rings to keep your child occupied and happy on the road.

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