



# LEARNING MOMMA'S DIAPER BAG CHECKLIST

## 0-3 Months:

- Diapers
- Wipes
- 2 Burp Cloths
- 2 Spare Outfits
- Extra Warm Layer Of Clothes (Fall/Winter)
- Nursing Cover
- Blanket
- Emergency Formula Stash
- Empty bottle
- Swaddle/Swaddling Blanket
- Baby Lotion
- Disposable Breast Pads
- Nipple Cream
- Water Bottle
- A Spare Shirt for Mom

## 3-6 Months:

- Diapers
- Wipes
- 2 Burp Cloths
- 2 Spare Outfits

- Extra Warm Layer Of Clothes (Fall/Winter)
- Nursing Cover
- Emergency Formula Stash
- Empty Bottle
- Sleep Sack/Blanket
- Disposable Breast Pads
- Water Bottle
- A Spare Shirt for Mom
- Small Toys
- A Baby Food Pouch
- Baby Spoon
- Bib(s)

## 6-9 Months:

- Diapers
- Wipes
- Diaper Cream
- A Burp Cloth
- A Spare Outfit
- Extra Warm Layer Clothes (Fall/Winter)
- Nursing Cover
- Filled Formula Dispenser
- Cup(s)
- Sleep Sack/Blanket
- Small Toys
- 2-3 Baby Food Pouches

- A Small Bowl
- A Zip-Lock Bag of Dry Baby Cereal
- A Zip-Lock Bag of Dry Formula (For Cereal)
- A Small Container of Water (For Formula For Cereal)
- Baby Spoon
- Bib(s)

## 9-12 Months:

- Diapers
- Wipes
- Diaper Cream
- A Spare Outfit
- Extra Warm Layer Of Clothes (Fall/Winter)
- Filled Formula Dispenser
- Cup(s)
- Sleep Sack
- Small Toys
- A Board Book
- A Baby Food Pouch
- A Zip-Lock Bag of Cheerios
- Bib(s)
- Hair Bow/Band For Girls
- Baby Sunscreen For Summer