

# Teething & travelling

## The basics

- ☐ mommy bag
- ☐ car seat
- ☐ pram/baby carrier
- ☐ wristband for baby with your contact details

## Easily accessible

- ☐ purse
- ☐ hand sanitiser
- ☐ 1 pack of baby wipes
- ☐ dummy
- ☐ nasal aspirator
- ☐ nappies (1 for every hour you're out)
- ☐ changing mat
- ☐ nappy disposal bags
- ☐ baby bum cream

## Entertaining baby

- ☐ teething toy
- ☐ interactive toys

## Feeding time

- ☐ filled baby bottles
- ☐ receiving blanket
- ☐ bib
- ☐ healthy snacks & baby food
- ☐ water & sippy cup

## Just in case

- ☐ small first-aid kit
- ☐ change of clothes for Mom & baby
- ☐ baby sun hat, sunglasses & sunscreen
- ☐ beanie & socks
- ☐ baby blanket