

Out & about with a toddler

(18 months +)



The basics

- ☐ mommy bag
- ☐ car seat
- ☐ pram

Easily accessible

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

Toddler-tainment

- ☐ activity book & crayons
- ☐ small box of toys
- ☐ 1 or 2 small surprises (e.g. new toy, special snack)

Feeding time

- ☐ bib
- ☐ healthy snacks & baby food
- ☐ non-slip placemat
- ☐ plastic bowl & utensils
- ☐ water & sippy cup

Just in case

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