



# Baby's first outings

(0-6 months)



## The basics

- ☐ mommy bag
- ☐ car seat
- ☐ pram/baby carrier
- ☐ clip-on toys

## 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

## Feeding time

- ☐ breast pump & baby bottles/filled baby bottles
- ☐ nursing pads
- ☐ 1-3 receiving blankets

## Just in case

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