



Changing Bag

To change a nappy

- Nappies
 - Usually having 3-4 in the changing bag at any one time.
- Wipes
 - One pack of wipes
- Nappy Cream/Powder (if used)
 - Whatever products are used a smaller version that can be used for a changing bag should be bought.
- Nappy sacks
 - A pack of scented nappy bags to dispose of soiled nappies on the move

For feeding (if bottle feeding)

- Bib (or two!)
 - Protect baby's clothes – a muslin cloth or two could suffice instead
- Bottle
 - A clean/sterilised bottle of whatever your chosen brand is
- Chosen formula
 - The best way to carry formula is in a formula dispenser – the appropriate amount can be pre-measured into the dispenser – usually up to 3 bottles which would generally allow about 10 hours out and about
- Packet of ready made formula left in the bag
 - If your chosen brand sells ready made portions it is no harm to keep a packet in the changing bag in case of emergencies. I have been caught out with forgetting to put powder dispense or being out longer than expected.

For feeding (if breastfeeding)

- A muslin cloth
 - For wiping any little spit ups
- Breast pads

- To deal with those leaky boobs!
- Breast pump
 - Not something you might bring out on a short trip but if you are going for a longer period and want to pump and store some expressed breast milk.

For feeding (once weaned)

Things get a little more complicated once baby starts on solids. Your changing bag becomes as much of a food bag as a changing bag.

It is always useful to have some staples stored in the bag. Some staples of mine include

- Fruitapura (Packet of pureed fruit)
- Jar of baby food (or whatever your chosen selection)
- Packet of liga biscuits
- Rice cakes

For playtime

- For newborn babies a little rattle or toy to keep them amused is more than enough
- As babies get older they will need more sophisticated toys!
- By the time they are 6 or 7 years old we are talking DS Lites, portable DVD players, iPads etc!
At this stage they can manage their own requirements!

Other

- Change of clothes.
 - In the early days (first 3 or 4 months) a vest and baby gro was always sufficient for me.
 - As my kids got older (by 6 months) a proper change of clothes became necessary.
 - Once toilet trained (and particularly in the early days of being toilet trained) a spare pants, trousers/skirt and socks/tights will always be needed.
- Soother
 - If your baby takes a soother always an essential changing bag item
- Thermometer
 - If your baby is unwell or seems to be coming down with something
- Baby paracetamol/ibuprofen
 - Again, if your baby is unwell or coming down with something
- Other medications
 - If your baby is on any prescribed medications don't leave home without them!

