

CHECKLIST

FOR LEAVING THE HOUSE

DEPARTURE am pm

SPECIAL OCCASION yes no

Rain Snow Cloudy Sunny

THE BOTTOM

DIAPERS
CHANGING PAD
RASH OINTMENT
VASELINE
BABY POWDER

HYGIENE

WIPES
BURP CLOTHS
PLASTIC BAGS
BIBS
WASH CLOTH
HAND SANITIZER
BABY SOAP

CLOTHING

ONESIES
BACKUP OUTFIT
SOCKS
SWEATER/JACKET
HAT
MITTENS

COMFORT

BLANKET
PACIFIER
EXTRA PACIFIER
FAVORITE TOY(S)
RATTLES
TEETHING RING
STUFFED ANIMAL
COPING THING

FOOD

BREASTS
BOTTLES
FORMULA
WATER
JUICE
BABY FOOD
SNACKS
SPOON/DISH

DRUGSTORE

MEDICATION
SUNSCREEN
BAND-AIDS
SUNGLASSES

MY STUFF

CAMERA
CLEAN MOM SHIRT
BREAST PUMP
NURSING BRA PADS

YOUR OLD LIFE

KEYS
CELL PHONE
WALLET
MONEY
SUNGLASSES
DIAPER BAG
STROLLER
CAR SEAT
BABY
BRAIN

THE OBVIOUS

DIAPER BAG
STROLLER
CAR SEAT
BABY
BRAIN