

Packing List

What to Pack for Baby's First Day Out

Definitely bring

- Nappies, bring more than you think you'll need
- Nappy bags
- Wipes
- Any creams etc that you use when changing
- Spare clothes. Babies make mess, and you need to be ready to change in a flash
- A coat/raincover, in case the weather doesn't go to plan
- Hat
- Transport. If you are using a pram make sure that you know how it functions. Opening/closing it with one hand holding a newborn in the other calls for some coordination

- If using a baby carrier make sure you know how to get in and out of it
- Be prepared to feed. Bottles and formula if you use them, and muslins (burb cloth)/bibs however you do it

Probably bring

- Extra blankets, in case it gets cold, or you are out longer than you expected
- Dummy/soother/favorite toy
- Changing mat

Don't forget to pack for yourself

- Spare clothes
- Snacks

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- Water
- Wallet/mobile etc