

Go-Bag Checklist



Parents

- Sunglasses
- Snacks
 - Cliff bar, fruit
- Hair tie / Clip
- Optional:
 - Rain coat, change of clothes

Hygiene

- Diapers
 - 6 diapers for all-day
- Wipes
 - 1 package
- Changing pad
 - [Our Favorite Diaper Clutch](#)
- Optional:
 - Diaper rash cream

Baby

- Food for Baby:
 - Bottle + Formula if formula-feeding.
- Pacifier
 - [Pacifier clip](#)
- Change of clothes
- Optional:
 - [Rainsuit](#), Extra Layer, [Sunhat](#)

General

- Cash - Location Dependent
 - Enough for a ride home + food
- Water Bottle
 - [with straw so baby can drink](#)
- Sunscreen
 - [Baby + Parent friendly](#).

Activity (or Baby) Specific Extras

Notes:



Climate:

This list is for a mild, warm, and sunny climate. You'll need to adjust the clothing to fit your destination.

For example:

- Tropical destinations require light, loose-fitting clothing that keeps the sun off the baby.
 - We prefer light, linen clothing and avoid strenuous outdoor activities between 11:00 - 15:00 to prevent heatstroke.
- Cold destinations require many layers. We suggest starting with a merino wool layer, followed by a fleece insulating layer, covered with a waterproof, thick snowsuit layer.
 - The middle layer will rarely become dirty - you don't necessarily need to pack an extra.

Baby-Specific:

This list (and go-bag) was made for my baby. He typically needs a change of clothes before his afternoon nap and breastfeeds for food. Make sure to fit the list based on what your baby needs to eat, drink, and remain comfortable.

For example:

- Formula-fed babies have different food requirements.
 - We suggest purchasing a well-insulated thermos bottle, packing warm water, prepacked formula portions, and enough bottles for an entire day of feeding.

Activity-Specific:

This list is general. We add or remove things according to our expected activities.

For example:

- During the summer months, we spend lots of time at the beach. A beach towel and swimsuit are in our go-bag.
- During the rainy season, we pack raincoats and rain suits for the whole family.