



FOR FATHERS ACTIVE IN THEIR CHILDREN'S LIVES

## Diaper Bag Checklist

Making sure we have all the supplies we need before leaving the house is the first step to showing the world we are competent parents. We all get caught off-guard sometimes, but too much empty-handed borrowing and mothers will start to question if we are really cut out for this. Live the Boy Scout motto and “**Be Prepared**”!

<input type="checkbox"/> plenty of diapers	Notes:
<input type="checkbox"/> travel pack/ziplock of wipes	
<input type="checkbox"/> rash cream	
<input type="checkbox"/> changing pad	
<input type="checkbox"/> extra socks, pants & shirt for child	
<input type="checkbox"/> sun block	
<input type="checkbox"/> bottle or sippy cup	
<input type="checkbox"/> baby food w/spoon, or snacks	
<input type="checkbox"/> bib	
<input type="checkbox"/> toy(s)	
<input type="checkbox"/> pacifiers in ziplock bag	
<input type="checkbox"/> mobile phone	
<input type="checkbox"/> wallet & ID	
<input type="checkbox"/> extra house key	
<input type="checkbox"/> index card w/ emergency contact information	
<input type="checkbox"/> pen and notepad	
<input type="checkbox"/> bottle of water & snack for you	
<input type="checkbox"/> extra t-shirt for you	
<input type="checkbox"/> plastic grocery bag(s) for trash	
<input type="checkbox"/> medications	